Wellness Collection

TECHNOGYM®

The Wellness Company

www.technogym.com

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«When you're fit and can do what you want effortlessly, when you can manage stress without becoming overwhelmed, when food is a healthy pleasure rather than a daily obsession, when exercise is an integral part of life, that's when you can say you've achieved Wellness™»

Let's Move
for a Better World

This is what impels us to create innovative solutions to help everyone achieve Wellness, at all ages and in all places. Over 20 years ago we launched the Wellness™ concept, but this lifestyle, based on regular physical activity, healthy eating habits and a positive mental attitude — the essential factors for mental and physical wellbeing —, has its roots in the ancient Roman saying "mens sana in corpore sano". The Technogym Ecosystem allows us to design tailored solutions around your specific health needs and lifestyle, wherever you are.

Even at home, where inspiration, motivation and time can be challenging, we have solutions to fit your space and budget; helping you make Wellness part of your daily routine. With an approach which places a person's health on the same plane as that of our planet, caring for one's own health, to us means respecting the environment and contributing to a healthier world, for everyone's benefit. This philosophy is the social mission to which we are committed each day. Let's move. Let's Wellness. Let's Technogym.

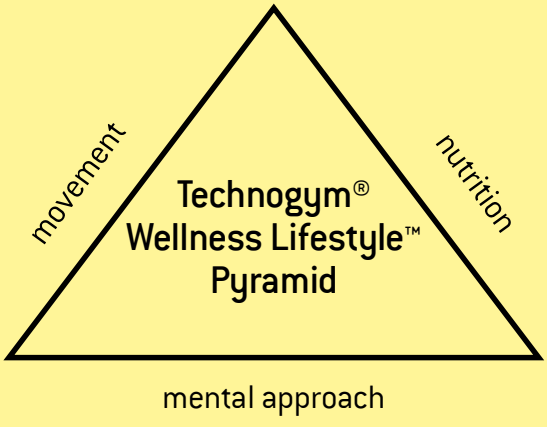
Nerio Alessandri

Chairman and Founder of Technogym®
The Wellness Company™

Let's Move
for a Better World

Our tailored solutions aim to help you live a better life by focusing on a comprehensive Wellness Lifestyle™ management, in all the places and situations of your daily life.

Exercise is the first step to take towards global Wellness. Nevertheless, correct nutrition and a positive mental approach are equally essential to reaching and maintaining a Wellness Lifestyle™ over time.

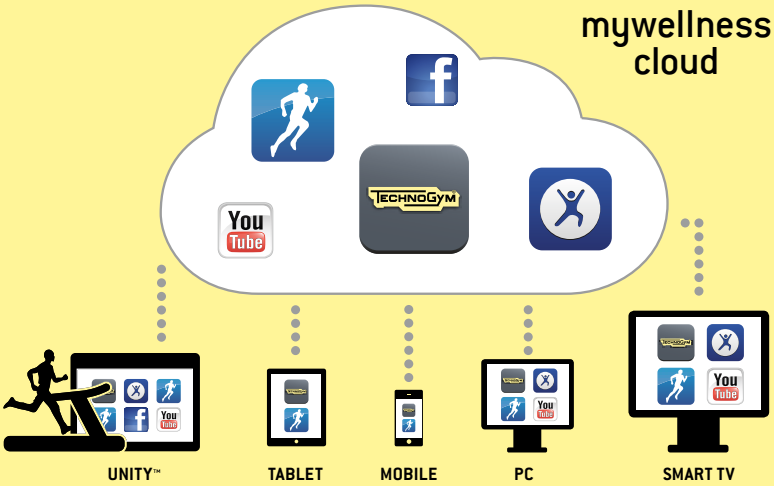


Wellness on the Go

Technogym Wellness experience everywhere, everyday.

To help you achieve your own Wellness, wherever you are and whatever your needs and aspirations be, Technogym has developed the Technogym Ecosystem platform, which gives you access to your own content and training programmes on all Technogym equipment, anywhere in the world, using any personal device – mobile phone, tablet, mywellness key, Smart TV, PC.

Thanks to Technogym mywellness cloud technology, you can manage your training and access your own content in the gym, on the move and at home. You can also sync your mywellness.com account with other popular apps such as RunKeeper or MapMyFitness to track your outdoor activities as well.

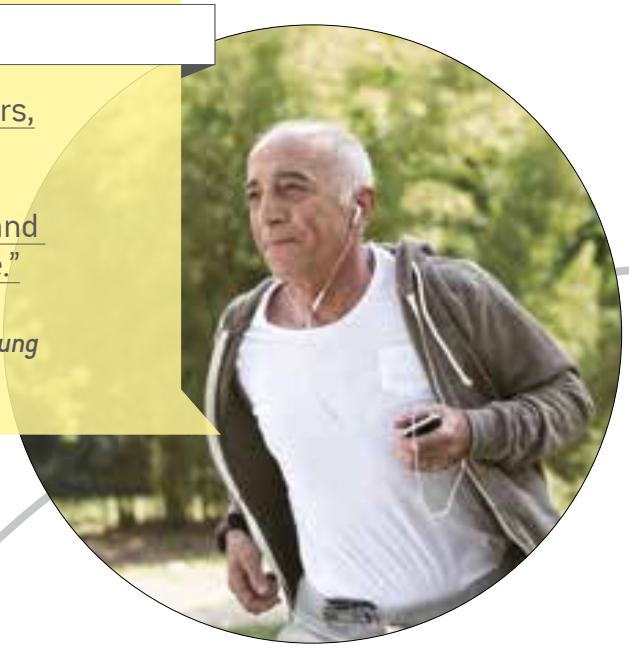


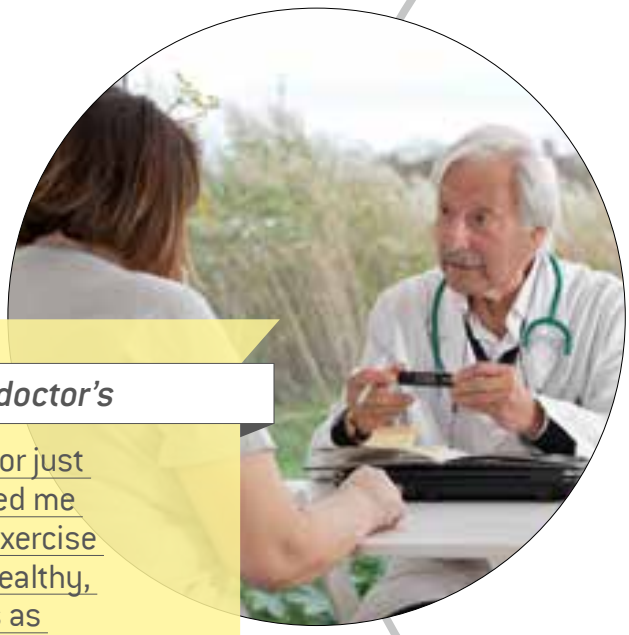
Wellness

Outdoors

"Even outdoors, I can follow my training programme and stay in shape."

Need: Forever Young

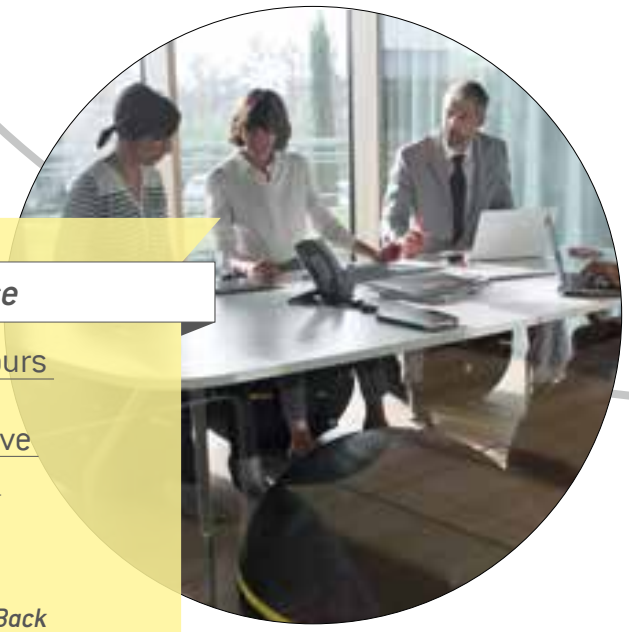




At the doctor's

"My doctor just prescribed me regular exercise to stay healthy, Wellness as medicine."

Need: Start Moving

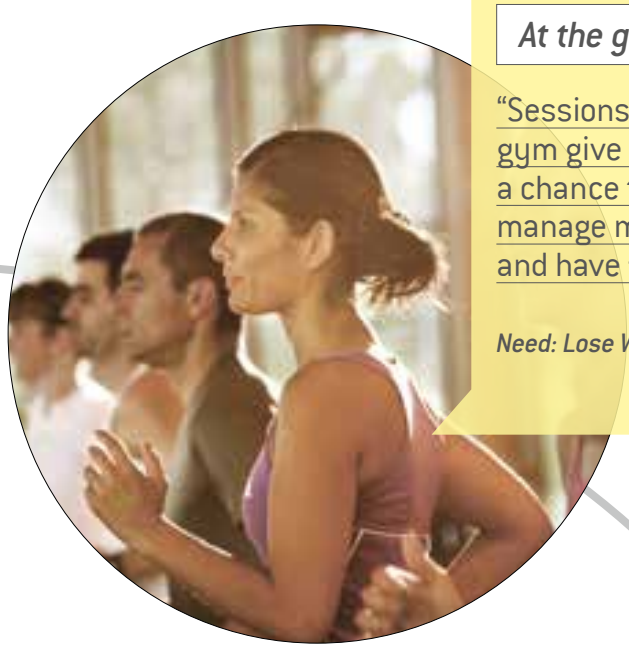


In the office

"After nine hours at the office, I still feel active and my back feels fine."

Need: Help Your Back

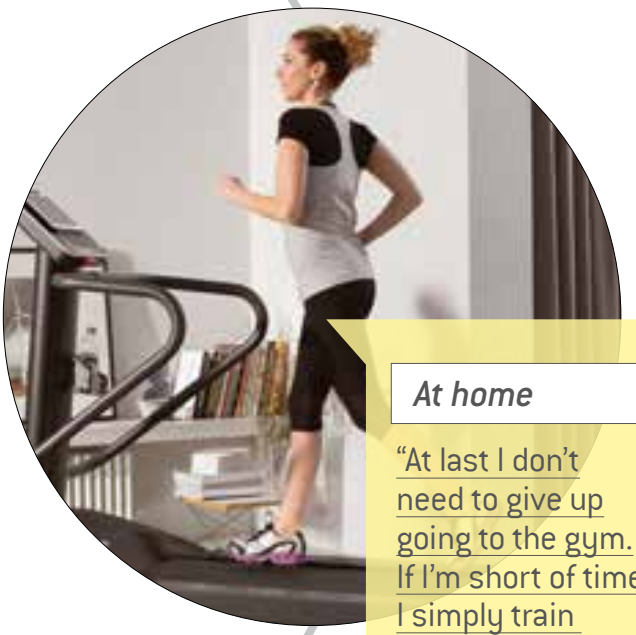
on the Go



At the gym

"Sessions at the gym give me a chance to manage my weight and have fun."

Need: Lose Weight



At home

"At last I don't need to give up going to the gym. If I'm short of time, I simply train at home."

Need: Condition & Tone

Travelling

"I can keep to my daily workout routine and fight jet lag when I travel."

Need: Stress Free

Solutions

A

From 20 sqm

The gym spa / **013**

B

From 10 sqm

The spare room / **033**

C

From 5 sqm

The living room / **047**

D

From 1 sqm

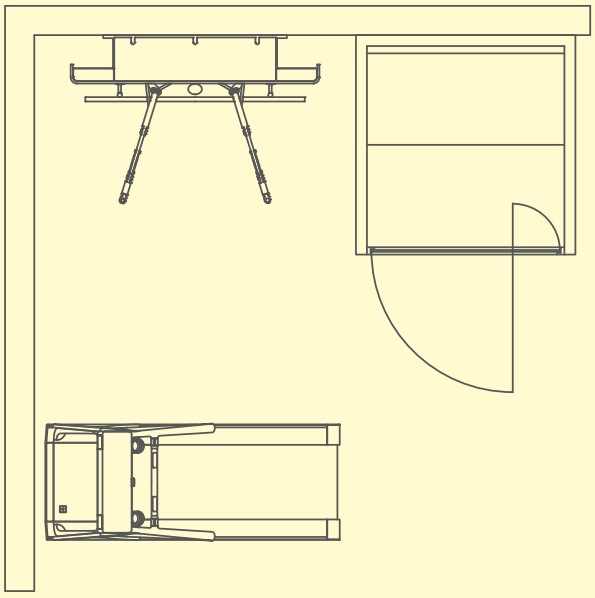
One square metre / **063**

A

From 20 sqm*

the gym spa

When your Wellness and your family's wellbeing are a priority for you, one solution which encompasses all your needs is the only solution you will be happy with.
You have the space; we have everything you require to transform your lifestyle and take it into a new dimension.
In the intimacy of your home, you can build a luxury setting where, amidst professional design equipment and a spa offering, Wellness takes centre stage.



*minimum size requirement for this solution

Stress is a thing of the past thanks to the tailored Technogym solution.

A new balance has been established in their lives, made of energy, power and peace of mind.

Simple to use with touch-screen technology, VISIOWEB offers you countless entertainment options. Yoshie loved it from day one.

Once logged in, she can view her home page on VISIOWEB and access her personal training programme, her favourite sites or Facebook page. After her workout, she can impress Jay with her results.

A | From 20 sqm
THE GYM SPA

/ Recline Personal _088
/ Run Personal _082
/ Cross Personal _094

Jay never needs to give up his training routine.

Wellness is also a question of time management, especially when business turns you into a globetrotter.

After an intense day at the office, Jay is glad to get back to his home environment and ease the tension out of his body.
Knowing exactly how to gauge his movements in the presence of the Personal Trainer, he feels all the benefits of stretching in no time at all.

Since Jay has merged the gym area with the spa, he can stay in great shape and relax in great style.

Wonderful in the winter, a steam bath will increase your blood circulation and open your sinuses as well as reducing muscular tension and ensuring stress relief.
Whatever the season, Yoshie particularly appreciates the rejuvenating effect it has on her skin.

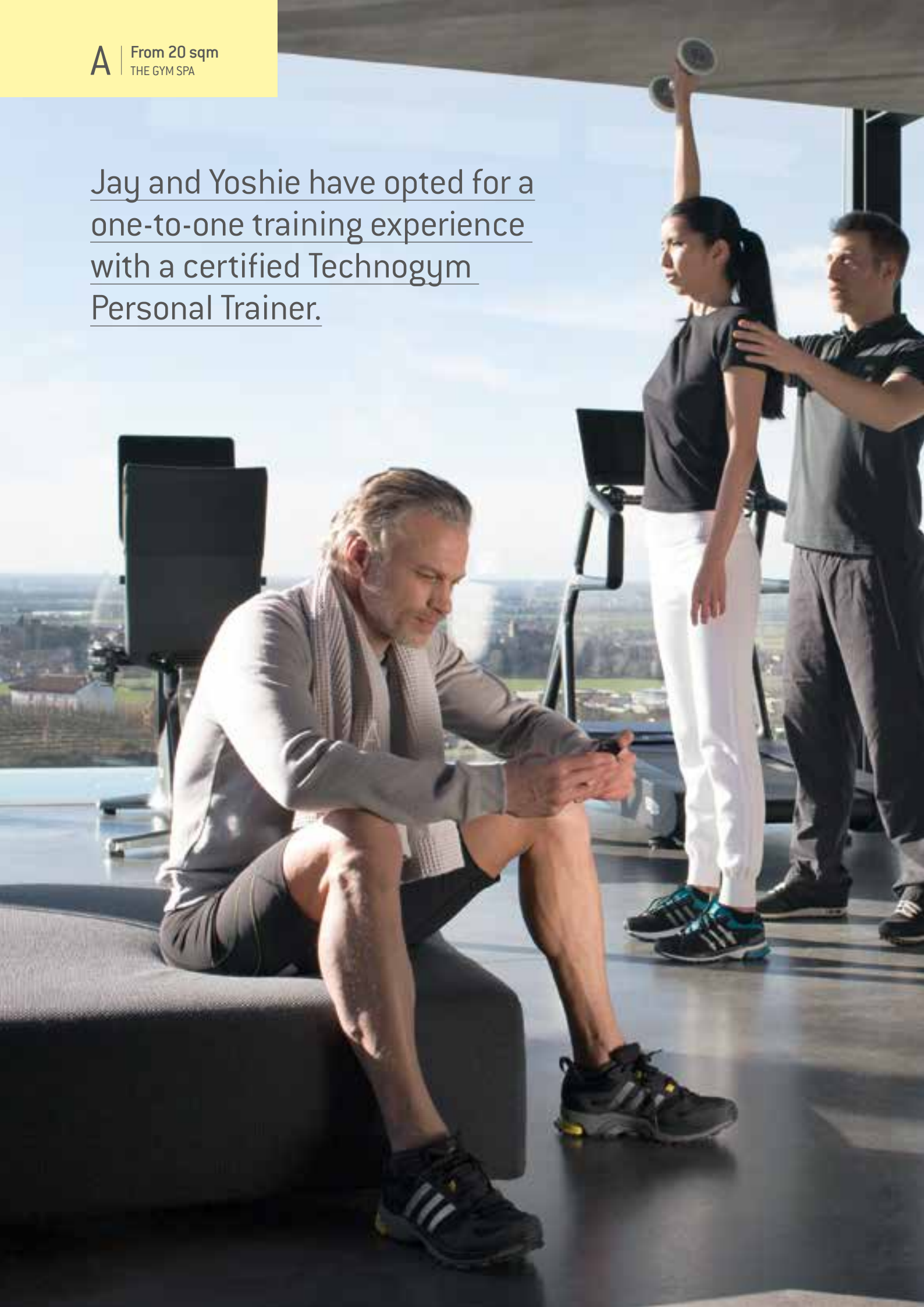
Kinesis® Vision is the ultimate design piece.That's all it was until Jay discovered the beautyof all the movements and exercises that he can accomplish with and without the help of his Personal Trainer.
Strength training, exercises to improve stamina, posture and balance. Kinesis® is a world of activities which extend the dimensions of Wellness beyond his imagination.

Jay just loves the look and feel of Cross Personal with its sleek lines and micropolished steel finish.

125 BPM: keeping a stable pulse rate keeps Jay steadily on track for his goals. With the chest band on, Jay is able to pace himself perfectly and train in total safety.

/ Recline Personal _088
/ Cross Personal _094
/ Run Personal _082

Jay and Yoshie have opted for a one-to-one training experience with a certified Technogym Personal Trainer.



Yoshie is having a try at the weights from the Wellness Rack. Knowing for sure that her workout posture is correct, Yoshie feels confident about using the weights again when she's on her own. After a brisk workout on Cross Personal, Jay is ready for a sauna or a relaxing steam bath.

Wellness Ball™ Active Sitting is a way to turn your lifestyle into Wellness.

By scanning the QR code on the label of Wellness Ball™, you can access the special mobile website and view a selection of exercise videos to help you get the most out of this new Wellness tool.

Despite his global commitments, Jay has discovered that Wellness has brought a new balance to his life, his home and his family. Sachiko is feeling the difference too. What a good feeling it is!

Jay is off to Chicago this week. Nowadays he travels with his Wellness Bag™ as well as his tablet. Wellness is a lifestyle, so wherever you go, you don't leave it at home.

EQUIPMENT

01. Recline Personal
02. Kinesis® Vision
03. Run Personal
04. Cross Personal
05. FLEXability Anterior
06. Wellness Ball™ Active Sitting
07. Wellness Rack
08. Wellness Bag

SERVICES

Training Services (Personal Trainer on site)
Technogym Care
Wellness Design™

01

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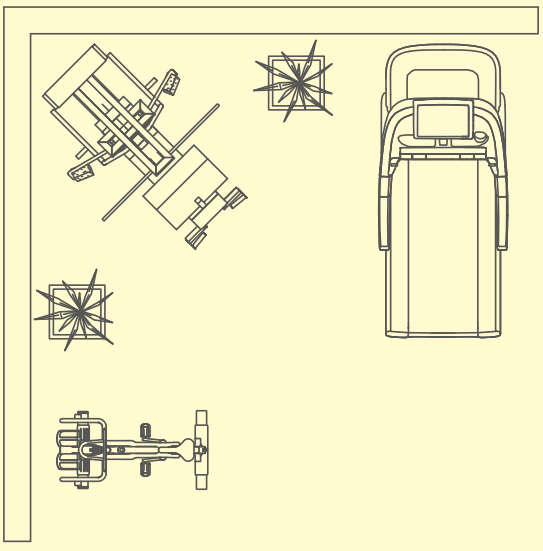
08

B

From 10 sqm*

the spare room

When there's enough space to dedicate an entire room to your pursuit of Wellness as a lifestyle, there's a solution which can work for more than one person and cover more than one need. Now is the time to relax and start moving towards a new state of wellbeing. Create your own tailored gym. Stay in shape with your partner and discover how good it is to feel fit.

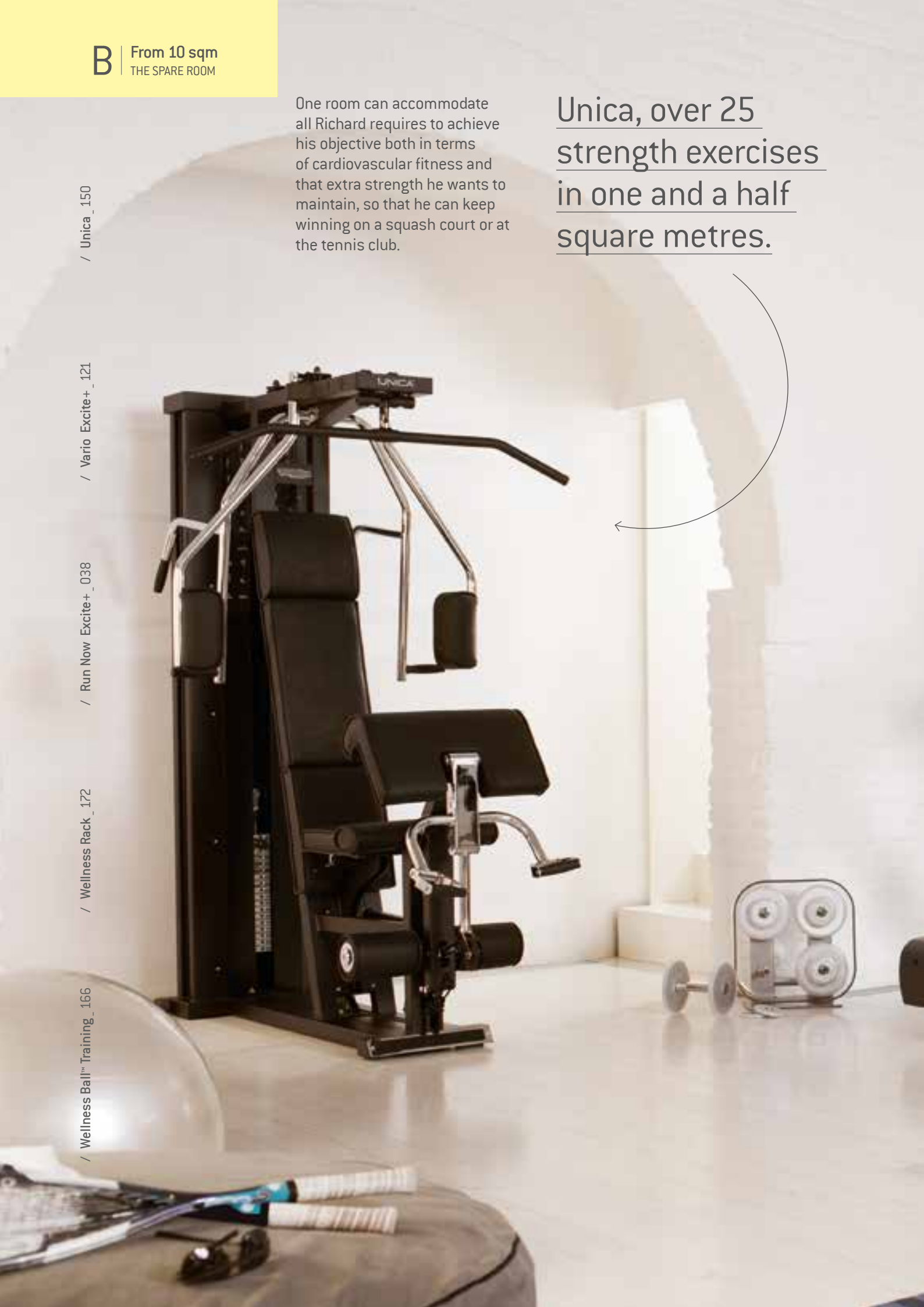


*minimum size requirement for this solution

One room can accommodate all Richard requires to achieve his objective both in terms of cardiovascular fitness and that extra strength he wants to maintain, so that he can keep winning on a squash court or at the tennis club.

Unica, over 25 strength exercises in one and a half square metres.

/ Unica_150
/ Vario Excite+_121
/ Run Now Excite+_038
/ Wellness Rack_172
/ Wellness Ball™ Training_166



Meanwhile, Richard is setting his target on Run Now Excite+: Interval Training for 30 minutes.
By logging in to the UNITY™ interface, the data referring to any cardio training sessions will automatically be registered on his mywellness.com account.

Fast Track Controls for quick, easy and safe adjustments.

All within reach for safe settings, Richard can switch from a game to a Virtual Training workout and change incline while running.

No need to wait for weekends or good weather, Susan cycles whenever she wants.

Group Cycle keeps her in perfect shape and a 20 minute workout, while Richard is playing squash, is also a way to shake off the day's tensions.
Group Cycle can be wheeled around, so that Susan can train where she wants, watching TV if that means switching to the living room.

Back from the club, Richard knows that without his Wellness solution at home, 45 minutes on a squash court would be tough. Today he plays confidently and moves freely. A winner on and off the court.

Susan also likes training with Unica.

Wellness Pad is a foldable mat for stretching.

/ Unica_150
/ Run Now Excite+_114
/ Wellness Pad_174

So when Richard sits out, he finds time to check into his mywellness.com account and add the previous day's squash game to his accomplished activities.

/ Wellness Ball™ Training _ 166
/ Wellness Weights _ 170
/ Wellness Rack _ 172

The more time Richard spends on Unica, the more strength he acquires for sports conditioning.

/ Unica_150 / Vario Excite+_121 / Run Now Excite+_114

There's nothing better than a total body workout on Vario Excite+ with your iPod plugged into the docking station and a few of your favourite videos.

What Susan loves about Vario is the variety of movement, from step to stride, or grabbing the fixed handles to increase training efficiency.

One thing is for sure; Susan never misses a chance to tone up, even when sitting down. She's even thinking of taking Wellness Ball™ Active Sitting to the office one day.

Setting up a mywellness.com account is a matter of minutes. Once you are registered, all data regarding any physical activity, from workouts to housekeeping or walking the dog, is recorded on your mywellness.com account.

Wherever you are, your training data are available when you log in to mywellness app or your mywellness.com account.

/ Wellness Ball™ Active Sitting _ 162
/ Wellness Pad _ 174
/ Unica _ 150
/ Wellness Rack _ 172

EQUIPMENT

01. Vario Excite+
02. Run Now Excite+
03. Group Cycle
04. Unica
05. Wellness Rack
06. Wellness Pad
07. Wellness Ball™ Active Sitting
08. Wellness Ball™ Training

SERVICES

Training Services (09. mywellness.com*, 10. mywellness app*)
Technogym Care

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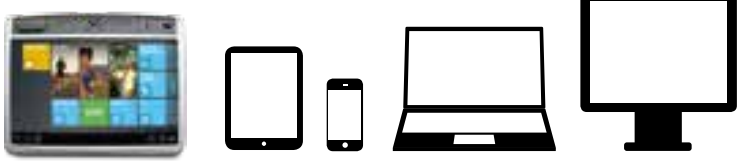
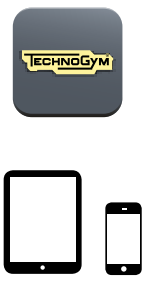


09

DISPLAY MOBILE PC SMART TV



10

MOBILE

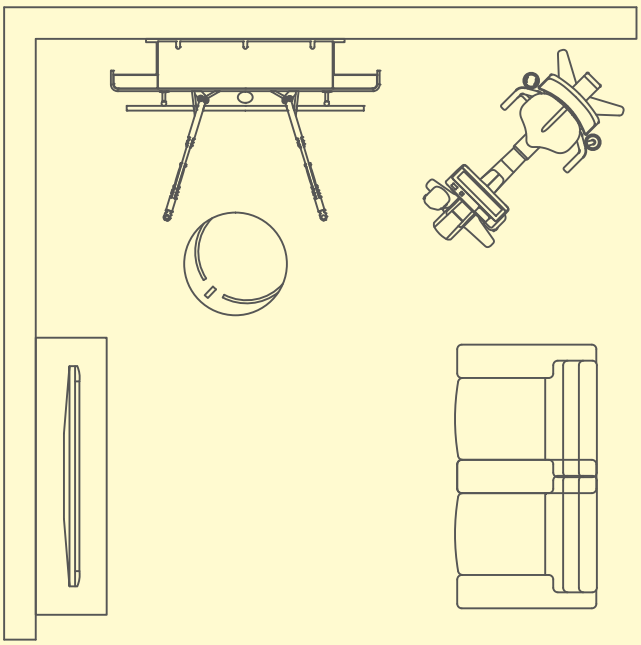
*your mywellness.com account can be accessed via the web from any device. mywellness app is available via smartphone or tablet

C

From 5 sqm*

the living room

When design is a priority
and there is no room for compromise,
there is a way to avoid sacrificing space for
steel; a way to blend functionality
with aesthetic appeal and maintain
the balance and style of your living space.
Energise your environment with a dynamic
solution beyond your expectations.
Get ready to activate your
senses and stay young.



*minimum size requirement for this solution

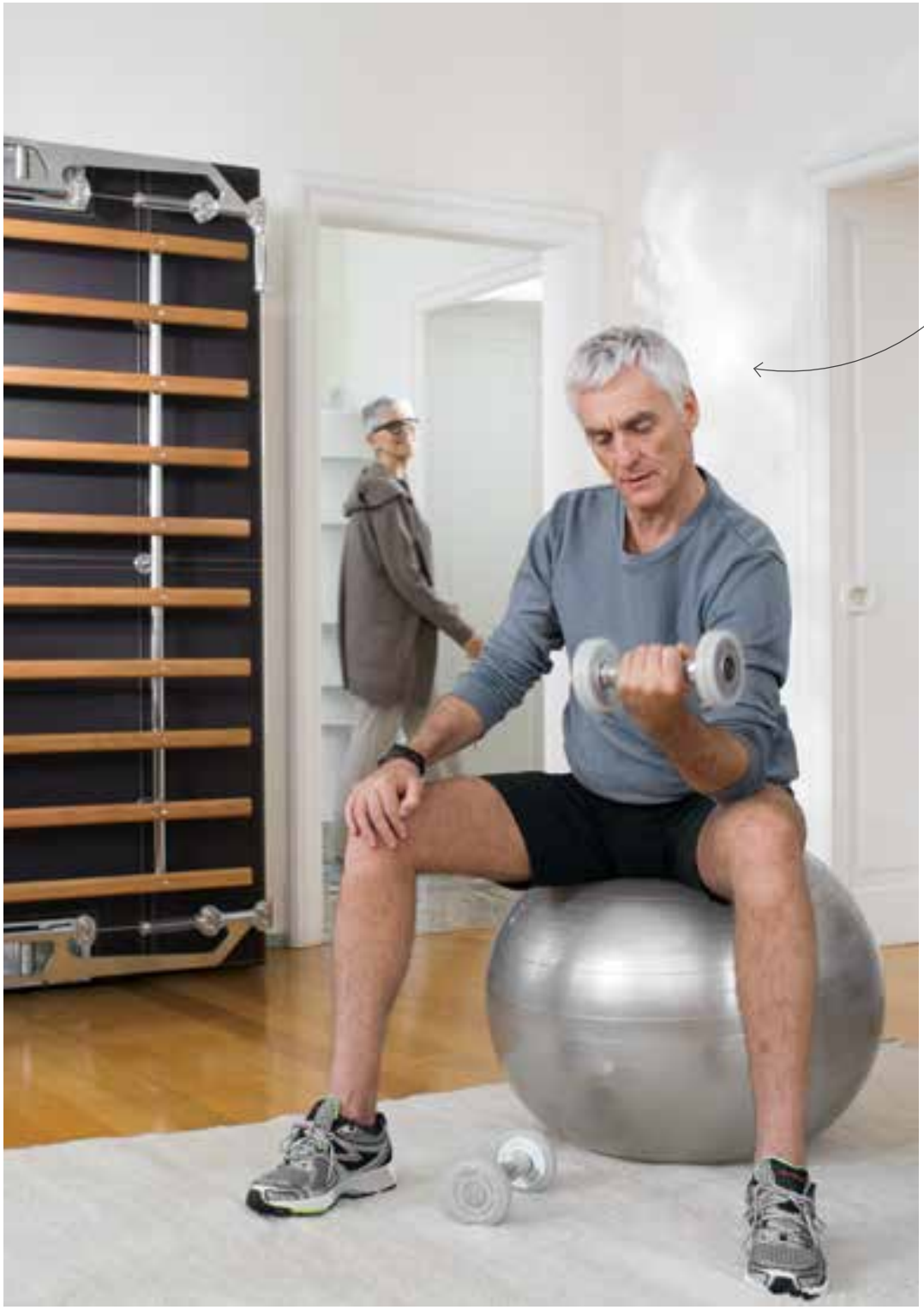
Thanks to Personal Line equipment, finding the time and the motivation to train is no longer an issue.

Personal Line equipment with its fine geometry and superb finish, blends perfectly into the elegance of Michelle and Alexander's living room.

The Wellness Rack adds a discreet touch of design.

Knowing he's in good shape gives Alexander the confidence to feel good through and through. And he's not the only one to appreciate how good life has become.

Since Alexander loves the feel of the weights, the Wellness Rack has become one of his favourite accessories. Sitting on Wellness Ball™ Training is great way to activate your core muscles at the same time.



/ Kinesis® Personal Heritage Leather _110
/ Wellness Ball™ Training _166

Alexander runs a Fitness Test to check his progress.

He just slips on the chest band and starts to ride, monitoring his data on the VISIOWEB screen.

There’s no medicine like exercise
to keep you fit and young.

Wellness isn't confined to a living room. It's a lifestyle which Alexander is learning to enjoy.

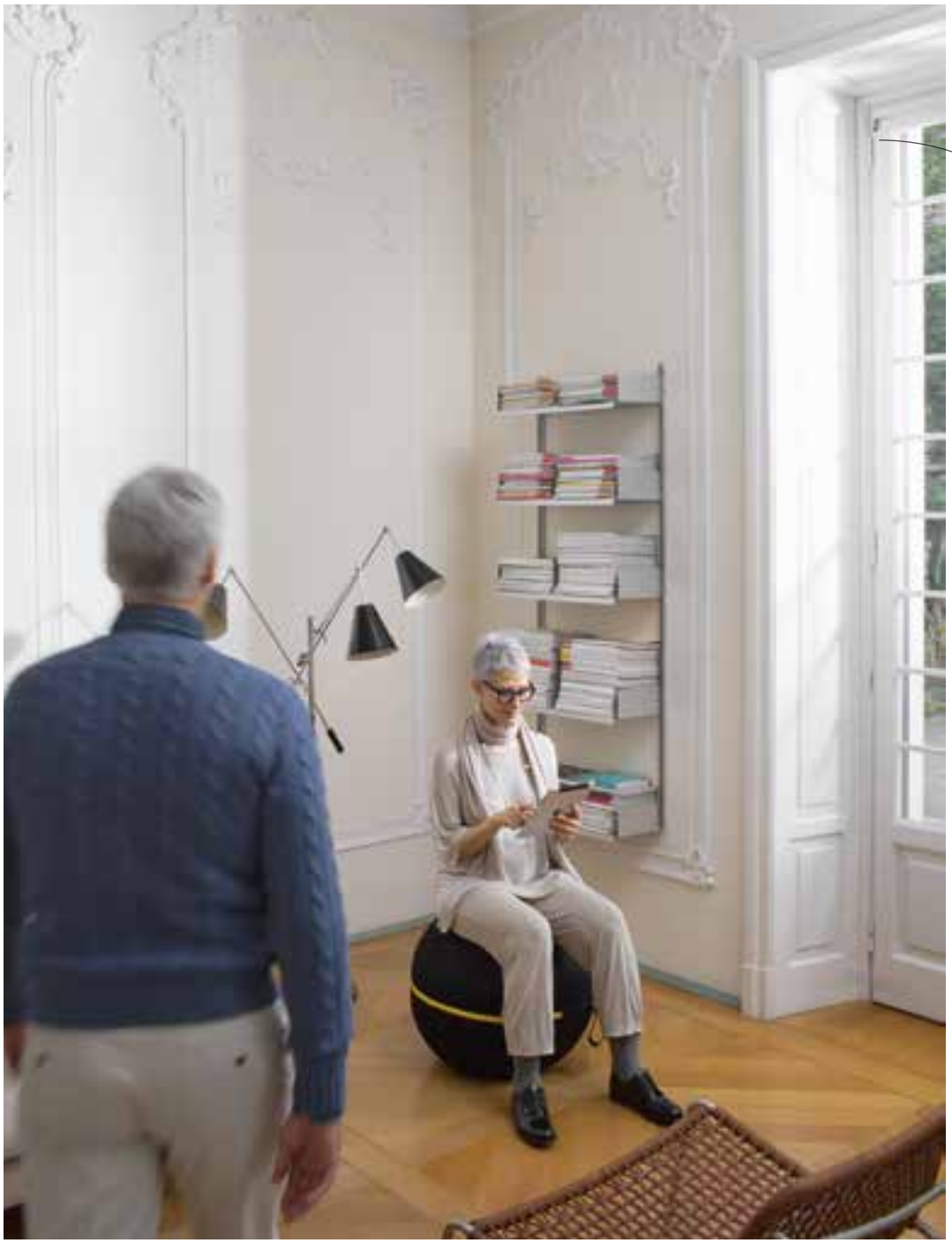
Taking a stroll in the park with his best friend and with Michelle is a way to share the newly discovered energy that has filled their life since they chose Technogym.

Love at first sight was Michelle's initial reaction to Kinesis®. Love at every move is the way she feels today.

It works wonders on posture, and is an excellent way to improve flexibility for when Michelle plays golf.

A half hour walk and Michelle can sit and add this activity to her mywellness.com account.

Sit comfortably and keep training with Wellness Ball™ Active Sitting.



Thanks to the Wellness Ball™, Alexander has regained mobility in his back.

Ready to take up golf again, he's fixing a session with a Personal Trainer where it's most convenient, at home.

Two years ago, Michelle and Alexander had both given up playing golf. Now they're active members at the club again.

Thanks to Kinesis®, they're both ready to swing their woods.

EQUIPMENT

01. Recline Personal
02. Kinesis® Personal
03. Wellness Ball™ Active Sitting
04. Wellness Ball™ Training
05. Wellness Rack

SERVICES

Training Services (06. mywellness.com*, 07. mywellness app*, Personal Trainer on site)
Technogym Care
Wellness Design™

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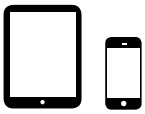
DISPLAY

MOBILE PC SMART TV

06



MOBILE

07

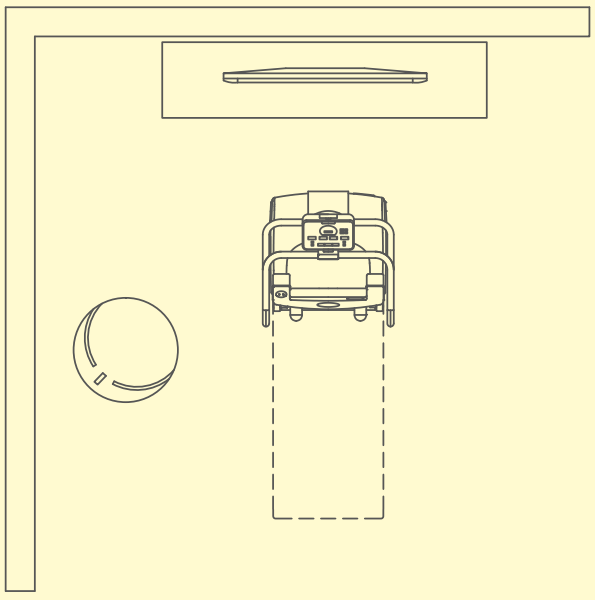
*mywellness.com and mywellness app are available on any personal device (mobile phone, tablet, PC, Smart TV) via mywellness cloud.

D

From 1 sqm*

one square metre

When it comes to optimising space (and time), the one square metre solution not only fits the bill, it also fits anywhere you wish: bedroom, living room or even the kid's playroom. If you want both a family life and a professional one and still find the time to exercise, you need to be able to work out at home. Plus you will avoid those extra pounds. All in one square metre.



*minimum size requirement for this solution

D | From 1 sqm
ONE SQUARE METRE

At less than 80 cm in width, Spazio Forma™ can be wheeled easily from room to room enabling you to choose your workout environment and allowing you to reclaim space whenever you need to.

Secure your device with Entertainment Support.

Start moving and enjoy comfortable viewing thanks to the position and angle of your tablet or smartphone.

Intelligent safety features prevent Spazio Forma™ from accidentally opening and closing. Stop training and the treadmill comes safely to a halt.

/ Wellness Rack _172
/ Spazio Forma™ _136

It's incredible how much Wellness will fit into so little space.

By fitting her iPad onto Entertainment Support, Sonia can watch a film, listen to music or flip through her latest photos while she runs.

Spazio Forma™ folds away into less than one square metre. It's Sonia's dream come true.

Who needs space to stretch?
Wellness Pad is a way for Sonia to stay in shape after lifting weights from the Wellness Rack.

Sonia can monitor progress on her mywellness.com account, update her biometric data such as her weight and add hundreds of listed daily activities which will count toward her weekly objective.

/ Wellness Ball™ Active Sitting_162
/ Wellness Pad_174
/ Wellness Rack_172

Wellness is much more than a treadmill; it's a physical and mental approach, it's motivation, satisfaction, and it's fun.

Wellness is a world that Sonia is now part of. She has clear goals, easy-to-follow routines and everything she does for herself counts toward fulfilling her primary need: losing weight and getting back into shape after pregnancy.

Wellness Weights are a pair of elegant and functional weights. Conveniently compact in size, they can be used to strengthen different muscle groups.

/ Wellness Weights _170
/ Wellness Bag _168

Designed to keep your core muscles constantly active, Wellness Ball™ Active Sitting is the best way to improve your posture.

Sonia loves the way Wellness Ball™ Active Sitting fits her home environment. It's modern, environmentally friendly and has a removable washable cover. It's also burst-proof and has a non-slip underside. It's a way to stay active even when you're just sitting down for a snack.

Riding into town is also a great way to stay in shape.

One swipe and a few clicks and Sonia updates her mywellness.com account, adding her bike ride to the day's activity.

Managing her lifestyle with the help of Technogym, Sonia has discovered the benefits of Wellness. She has found the perfect balance between doing what she loves to do and dedicating time to whom she loves. And that includes herself.

EQUIPMENT

1. Wellness Pad
2. Wellness Ball™ Active Sitting
3. Spazio Forma™
4. Wellness Bag
5. Wellness Rack
6. Wellness Weights

SERVICES

Training Services (7. mywellness.com*, 8. mywellness app*)
Technogym Care

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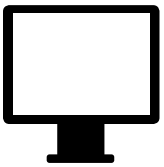
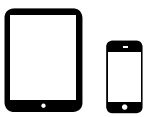
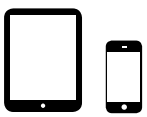




07

SMART TV MOBILE PC



08

MOBILE

*mywellness.com and mywellness app are available on any personal device (mobile phone, tablet, PC, Smart TV) via mywellness cloud.

Equipment

Personal Line

Innovation, technology and design

/ 082 **Run Personal**

/ 088 **Recline Personal**

The Personal line of equipment originates from a quest to create a new icon among Home Wellness products and heralds the dawn of a new era in the way we approach physical exercise in all environments dedicated to wellbeing.
Aimed at bringing people ever closer to Wellness, Personal line equipment draws on nature and science for its inspiration and is the fruit Technogym's collaboration with the Antonio Citterio Design Studio, to translate thirty years of research and product development into a unique design concept. The result is a series of interior design objects created with sophisticated materials and craftsmanship for environments where people are at one with the Wellness Lifestyle™.

To learn more about VISIOWEB, the Personal line cardio display, see p. 100

CPR® SYSTEM

/ 094 **Cross Personal**

/ 104 **Kinesis® Personal**

RUN PERSONAL

Run Personal

Designed by Antonio Citterio – Assistant Toan Nguyen

reddot design award
honourable mention 2010

INTERNATIONAL DESIGN EXCELLENCE AWARDS 12
FINALIST

Run Personal combines cutting edge technology, innovative materials and inimitable design to bring you not only professional cardio training, but also an engaging multimedia experience, so that you can have fun while you run.

RECOMMENDED FOR

- Improving the cardio-respiratory system.
- Weight loss and maintaining body weight.
- Strengthening and toning legs.
- Beginners and experienced users.

Have fun exercising

Heart rate monitoring with the Hand Sensor and telemetric heart rate monitor supplied. Material used for the central and side handles make them pleasurable and comfortable to touch. Integrated 19" touch-screen HD wide-format display for an engaging multimedia entertainment experience. The easy-to-use VISIOWEB digital platform provides a host of exciting entertainment options. Watch TV, listen to your favourite radio station, play games, browse the web or plug in a personal device to enjoy your music, videos or photos while you train.

Your Wellness everywhere

Plug in your personal Technogym devices such as the Technogym key or the mywellness key (patented) to manage and record the results of each training session. A docking station for iPod and iPhone is available so you can enjoy your own content. Loudspeakers are built in to the equipment.

The mywellness key enables you to combine outdoor training data with your workout on Run Personal.

Performance

Enough power available for an easy-paced walk or to train for a marathon (4 HP). Inclination up to 15% to simulate hill training.

Safety

Central support bar, large running surface with shock absorbers and joysticks for regulating speed and incline without abandoning the correct exercise position. Runner Detection Function stops the equipment when not in use. Emergency STOP button also incorporated.

Materials

Soft touch plastics for optimum grip. Polished aluminium frame. Integrated 19" touch-screen tempered glass display.

RECLINE PERSONAL

Recline Personal

Designed by Antonio Citterio

DESIGN INDIA ADI 2012

IDEA INTERNATIONAL DESIGN EXCELLENCE AWARDS '12 BRONZE

if product design award 2013

reddot design award best of the best 2012

Recline Personal integrates performance and style, biomechanical excellence and innovation.

In short, the perfect balance between technology, design and innovation.

RECOMMENDED FOR	Slimming and weight control.	Maintaining and improving fitness levels.	Toning legs without straining the back.	Both advanced workouts and moderate cardio activity for de-conditioned users.

Robust and elegant

The die cast aluminium frame and the craftsmanship which can be seen in its polished finish make Recline Personal a unique example of style and robust quality.

Have fun exercising

The easy-to-use VISIOWEB digital platform provides a host of exciting entertainment options.
The automotive style loudspeakers, which accompany workouts with a clean wrap around sound, are located under the seat and well out of sight.
Easy login via QR code to save workout data on personal mywellness® account.

Maximum comfort

The ergonomic adjustable seat designed by Vitra ensures that correct posture is maintained, without tiring the back muscles.

Thanks to the technological drive transmission system, pedalling is extremely smooth and silent.

Attention to detail

Micropolished steel with a super mirror finish in the front section of the equipment enhances the style of the product making it easy to suit any interior environment.

Web
Google
YouTube
Pinterest
0.5
10.0
6'00"

CROSS PERSONAL

Cross Personal

Designed by Antonio Citterio

Cross Personal (patented) is the first total body elliptical trainer with an integrated personal entertainment platform. Thanks to its silent operation, whoever is using Cross Personal will fully appreciate the wrap-around quality of the hi-fi speaker sound.

Materials

Micropolished steel with a super mirror finish in the rear section of the equipment enhances the style of the product making it easy to suit any interior environment.

Silent fluid movements

The technology behind the braking system is based on a special electromagnetic device which ensures

Cross Personal operates in a completely smooth fashion, making for a comfortable, stylish home environment.

Web
4
57
65

RECOMMENDED FOR	Slimming and weight control.	Total body workouts.	Exercising without placing joints under stress.

Perfectly safe training

Thanks to the telemetric band or the Hand Sensors, which constantly monitor your heartbeat, each workout can be conducted in the best way, in line with your objectives and in total safety.

Entertainment and controls close at hand

Together with the VISIOWEB personal entertainment platform, the 4 integrated loudspeakers carry the sound around you to give rise to an unprecedented workout experience.

Ergonomic levers with Fast Track Control allow for exercise intensity adjustments without sacrificing the correct exercise position.

VISIOWEB

Connected and motivated with a host of entertainment options

With VISIOWEB you can surf the internet, explore your favourite websites, browse your photographs or watch videos and relax with the most entertaining games.

Make sure you're working out correctly using the exercise video guides and save your customised programmes and results in the Technogym key devices.

TV, RADIO & MULTIMEDIA DEVICES

Personal entertainment

You can watch your favourite TV programme and listen to your favourite radio station, choosing from hundreds of different channels.

Also, you can enjoy your own music, photos and videos on personal device while it recharges.

GAMES

For stimulating your mind

The leading and most exciting games train your brain as well. You can choose from the many options available.

WEB

So that you are always connected

You can access the internet directly from VISIOWEB and spend time doing your favourite things: your business, your community, your social network, news, friends. You can share your workout on Facebook and check your e-mail as you exercise.

TRAINING

Login and save your workout data

Easy login via QR code or Technogym key devices to set a new routine or to see the list of all the exercises of your current programme.
Your training routine and results are then saved and always at hand on your mywellness.com account.

VISIOWEB: the digital web platform with 19” touch-screen display

An advanced digital platform providing simple control of a set of irresistible entertainment and workout options on Personal line and on Excite+ equipment. Discover the VISIOWEB Applications & Features best suited to your specific requirements.

1

2

3

4

1. Goal driven
For exercising against the **time** elapsed, or number of **calories** burnt, or the **distance** covered.

2. Heart rate driven
For exercising with a constant heart rate.
Weight loss
A workout designed to burn the most calories in the time available.

CPR A constant pulse rate workout is very important in all situations where you want to maintain a specific heart rate.

Training zone
A constant pulse rate workout; training heart rate set according to user fitness level.

3. Profile workout
Exercises split into a number of steps, with resistance levels preset or set by the user as required.

Interval training
Workout with preset repetitions of blocks, each consisting of a high intensity effort step followed by a low intensity recovery period.

Preset profiles
Variable workouts set according to one of the three goals: time, distance or calorie expenditure.

Custom speed
Workout with customised speed in km/h.
Custom pace
Workout with customised pace in minutes/km.

4. Tests
Tests to assess your performance.

Submaximal
A submaximal fitness test for users who have done little to average levels of training.

Maximal
A test for people who have trained hard and want to test their level of fitness to exhaustion.

Military
Maximal assessment tests used by the military to assess the fitness of their personnel.

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6

1. TV

Displays TV control keys, for changing channel and for volume, and, on the digital TV, for enabling subtitles and programme information.

2. Radio, games, web

Radio Displays the control keys for the radio, adjust frequency and volume. **Games** Opens the page showing games available on the equipment. **Web** displays the page to access the Internet with bookmarked websites.

3. Guide Me

For maximum guidance and independence you can access a library of videos which provide clear, simple instruction on how to use the equipment, how to set up workouts, on the benefits of each specific movement and on how to use VISIOWEB and its applications.

4. Plug & Train

For accessing the area used to create and control training, which also allows you to view results.

5. iPOD / iPHONE

For viewing the controls of your iPod or iPhone, if connected. As well as listening to music and audio books, looking at photos and watching videos, you can save your training data directly to your iPod then use it on the Nike+ site.

6. Zoom

Enlarges and reduces the display of data for the exercise in progress; the enlarged image occupies the entire screen, making it much easier to read.

KINESIS® PERSONAL

Kinesis® Personal

Designed by Antonio Citterio – Assistant Toan Nguyen

Kinesis® Personal VISION

The VISION version is made of three steel panels applied to a rigid structural support which act as a mirror without distortion. The super mirror finish allows you to instantly check posture while exercising.

RECOMMENDED FOR

Fluid movements and natural exercises typical of movements connected both with daily activities and specific sports.

Improving strength, coordination, flexibility, posture control, breathing control.

Exercising both single muscles and entire muscle chains, thus helping you to achieve not only more strength, but also better balance, flexibility and stability as key abilities.

Quiet, safe, unlimited movement

Thanks to the FullGravity international patent, consisting of a pivoting pulley system, Kinesis® Personal provides an unlimited range of movements.
The resistance applied is regulated by a sophisticated and patented innovation, whereby a system of forces gradually and smoothly increases the resistance in total safety, thereby maintaining supreme fluency and silent movement during exercise. This system, which does not require the presence of a cumbersome weight stack, also contributes to reduce overall equipment dimensions.

reddot design award
winner 2007

Kinesis® Personal is the first piece of designer gym furniture for the home and environments dedicated to people's mental and physical wellbeing.
The innovation is "FullGravity", a patented system inspired by nature and science, allowing free, pleasant and effective movement, so that more and more people can achieve Wellness and a better quality of life thanks to a newly established correct body mind balance.

Kinesis® Personal HERITAGE

The covering panel of the **BLACK** version is made of wood treated with a special paint to make it unalterable with the passage of time and to give the surface an attractive leather look. The American oak wall bars are selected individually by craftsmen who assess their quality.

Soft Touch Digital Display

The workload can be selected with one touch using the stylish and minimal interface. You simply rotate the setting located in the middle of the panel to display the resistance level (0-20).

TECHNOGYM

Kinesis® Personal
HERITAGE

The surface of the **LEATHER** version panel is made of full grain leather, carefully selected by crafts men and applied by hand. The diagonal stitching is also done by craftsmen and particular attention is paid to details and to where the leather joins.

Multi-purpose

Thanks to the 3 pairs of handgrips you can perform over 200 different exercises, without having to make any adjustments. Specific muscles (chest, back, abs, glutes and quadriceps) are engaged using the standard individual movements, whereas the combined movements work several muscles in total synergy and at the same time (front and back kinetic chains, core and multi-chain).

Share your passion for functional training with the Kinesis® community and find inspirational exercise videos and programmes at:
www.wekinesis.com/kinesispersonal

RUN NOW EXCITE+

Run Now Excite+

reddot design award
honourable mention 2010

Ideal for effective cardiovascular training, Run Now Excite+ is the professional treadmill for a compelling workout experience. Featuring a powerful motor,

Run Now is highly reliable, easy to maintain and runs silently.

To learn more about the range of EXCITE+ cardio displays, see p. 128

RECOMMENDED FOR

Improving the cardio-respiratory system.

Weight loss and maintaining body weight.

Strengthening and toning legs.

Training versatility with superior performance.

CPR® SYSTEM

1

Natural running

The Long Life Deck is designed to ensure balance between shock absorption and energy return with each step, minimising the risk of injury and ensuring a natural running feel.

Complete safety

The Runner Detection System automatically stops the equipment if user presence is not detected.
The inMotion indicator system warns the user if the deck is moving.

2 - 3

Have fun exercising

The easy-to-use VISIOWEB digital platform provides a host of exciting entertainment options. Watch TV, listen to your favourite radio station, play games, browse the web or plug in a personal device to enjoy your music, videos or photos while you train.

Ergonomic adjustment

Speed/incline adjustment using Fast Track Control, without having to touch with the display, ensures your exercising posture is always correct.

The position of the display offers an enhanced viewing experience to users of all sizes and maintains correct posture.

1

2

3

Jog Now Excite+

reddot design award
winner 2009

Especially suited to beginners, seniors and people with sedentary lifestyles, this treadmill helps improve cardiovascular fitness levels with an intuitive and stimulating workout.
Stylish design, comfortable, user-friendly and reliable.

PRODUCT PLUSES

Accessibility and natural running
Being close to the ground, the running surface provides easy access. The Long Life Deck absorbs the impact of the foot on the belt and puts a spring in your step, minimising the risk of trauma.

Maximum usability
Text labels and buttons on the controls which are 30% bigger, high contrast graphics and simplified use of colours make it easy to read data and control the equipment.

Complete safety
Runner Detection System automatically stops the treadmill when user presence is not detected. The inMotion indicator system warns the user if the deck is moving (except 500 version).

Vario Excite+

The piece of cardiovascular equipment which follows the user's pace and adapts to the desired movement, from vertical stepping to an easy walk, and up to a big stride. Recommended both for a total body workout and for lower body only, offering a huge variety of exercises with a pleasant, zero-impact movement on joints and a high level of calories burnt.

PRODUCT PLUSES

Pleasant movement, safe and accessible

Fluid, natural movement, combined with an ample stride length from 0 to 83 cm, allows users to run in a new, exciting and efficient way. Self Starting System (patented) makes starting the movement easy. The pedals are lower off the ground than on other equipment. Side hand supports available.

Maximum effectiveness

Thanks to biomechanical studies on posture and movement trajectories, the perceived effort is less, whilst this piece of equipment has you burn more calories than any other in its category.

Crossover Excite+

Crossover (patented) enjoyably combines lateral movement and total body training to ensure maximum results while optimising stability and coordination. Its intuitive and natural movement engages more muscles, offers a different, smooth feel and creates a unique and engaging rhythm.

PRODUCT PLUSES

A unique, complete and enjoyable workout	The combination of movements creates an effective total body workout that involves muscles that are not usually engaged during cardio workout.
Fun and easy movement	Crossover guides your movement allowing you to enjoy an exciting, smooth and fun workout, ensuring a low-impact and joint safe movement.
Easy to access for all users	With its easy rear access, Fast Track Control and intuitive movement Crossover is an ideal training solution for all users of all levels of conditioning.

Synchro Excite+

The professional elliptical cross trainer created and designed to eliminate all muscle and joint stress during exercising. A piece of equipment enabling effective total body workouts and suitable for people of any age and fitness level.

PRODUCT PLUSES

Fluid, zero impact movement	The Smooth Motion transmission system makes the movement extremely pleasant and silent. The rear drive guarantees its fluid, round-end trajectory.
Varied workouts and safety	The double Hand Sensor system on the levers and on the handles at the sides of the console constantly monitors your heart rate.
Ergonomic adjustment	Synchro is the only elliptical cross trainer with the Fast Track Control function (except 500 versions) which allows adjustment of the resistance level directly from the arms without having to reach the keypad, meaning that your exercising posture is always correct.

Bike Excite+

The professional bike which perfectly recreates the effect of riding on a road, combining comfort and performance to improve fitness levels and tone legs and gluteal muscles. Excellent biomechanics, ergonomic design and various riding positions for a workout that can always be varied.

PRODUCT PLUSES

Road riding effect with three positions
Reduced distance between pedals gives a riding sensation familiar to cyclists. The three riding positions (classic, city bike and racing) satisfy different riding requirements and preferences.

Ergonomic adjustments
Exclusive handlebars with soft, ergonomic elbow rest. Saddle with gel inserts and adjusting lever at the back for easy operation even from the sitting position.

Stable and safe for performing riding
Large pedals set at a 10° angle for easy foot insertion and adjustable buckles provide support and stability even when riding in a standing position (except 500 versions).

Recline Excite+

The recumbent exercise bike with outstanding comfort and ergonomics. An ideal solution for those who prefer moderate cardio exercise to maintain and improve their fitness levels. Its innovative comfort features make it particularly suitable for people with limited mobility and back problems.

PRODUCT PLUSES

Accessible for everyone

The large gap between the seat and the pedals, the reduced height above the ground and the central supporting handlebars allow all users to sit down and get up from the equipment with ease.

Comfortable and ergonomic

Tilting backrest with an innovative design for constant optimum comfort and support. Large pedals set at a 10° angle for easy foot insertion and adjustable buckles (except 500 versions).

Top Excite+

Professional cardio equipment for the best complete upper body workout. The cyclical movement effectively strengthens all torso, shoulder and arm muscles and increases stamina. It is ideal as a warm-up activity for muscles and joints, and for sports conditioning. Top is a great solution for users with disabilities affecting their legs.

PRODUCT PLUSES

Comfort and muscle activation	Telescopic arms and rotating handles guarantee comfort and correct exercising posture and activate different muscle groups separately.
Improved posture and balance	The innovative ergonomic seat corrects postural imbalances, stimulating symmetrical use of torso, back and shoulder muscles.
Safety and effectiveness	The Warm Up function runs a 4 minute exercise routine to prepare upper body muscles and joints before a strength workout or competition.

Step Excite+

Professional step machine for an effective, silent and enjoyable full lower body workout. Suitable for toning legs and gluteal muscles while providing excellent cardiovascular exercise. The independent footrest movement helps you improve balance and co-ordination.

PRODUCT PLUSES

Optimum performance
The support handles are positioned to prevent incorrect postures and maintain correct alignment while exercising.

Constant, fluid motion
The Smooth Motion belt drive minimises noise and provides a fluid, smooth movement.

Ergonomic adjustment
The Fast Track Control function allows adjustment of the resistance level directly from the support handles (except 500 versions). With no need to reach the keypad, you are sure to maintain correct exercising posture.

UNITY™

Fully connected personal experience

UNITY™ recognises you, keeps track of your training and keeps you connected to your favourite websites and apps to offer you the best training experience ever.

LOG INTO YOUR LIFESTYLE

Powered by USER ID (patent pending)

You can have the option to log in via QR code, NFC technology, mywellness key (patented) or Technogym key. Signing in will allow you to directly access your Facebook and mywellness.com account as well as your favorite apps, TV channels, websites and more. Also, your personal ID photo will appear on the screen.

Sign into mywellness and surprise your friends
Customise your workout
Save and check results of your workout
Share your results with friends on Facebook
TECHNOGYM
You Tube

TABLET-LIKE NAVIGATION

Interact with the cardio screen as if you were using your own tablet to swipe, scroll and click through to content. As a result, transitioning from one activity to another is simple and intuitive.

PERSONALISED AND FAVOURITE CONTENT

Powered by USER CONTENT SYNC (patent pending)

Tailor your own experience by setting up a personal profile that automatically links to your favourite apps, websites and TV channels upon log in.
All content can stay logged in from one workout to the next with no need to enter your ID or password each time and reset your gaming level or training preferences. Simply, you can just stop when they want and start where they left off.

VIRTUAL TRAINING AND TRAINING PROGRAMMES

The Virtual Training feature allows you to select a location where you would like to train. This lets you enjoy the scenery and excitement of outdoor training as your cardio screen turns into a sensory experience. In addition, you can also improve your performance with pre-programmed workouts, instructional videos and interval programmes.

Log into your lifestyle

UNITY™ is the Technogym's futuristic touch screen tablet-like interface based on ultimate Android technology for a totally engaging personal experience, both in terms of training and entertainment options. Ready for IPTV-HD standards.

INTUITIVE GESTURE NAVIGATION

Thanks to the ultimate Android technology, you can interact with UNITY™ as if you were using a tablet. Multitasking becomes natural and visually instinctive: you can swipe, scroll, tap and jump from one activity to another, making it a truly interactive training experience.

1. Distance, time, calories

Shortcuts to the most popular workouts

2. All exercises

To access the complete list of workouts available

3. Guide me

A coaching function which shows exercise video guides

4. Virtual Training

To access a selection of interactive outdoor training video

5. Web

To access bookmark list and free web browsing

6. TV

To access channels list and view TV

7. Games

To select a game among the most popular apps available on board

HIGHLY CUSTOMISED EXPERIENCE

Once you have have logged in, the user interface recognises you and you can directly access your mywellness personal account. Photos, apps, favourite TV channels and websites will be on hand, as well as being logged onto your Facebook or Skype accounts. Thanks to UNITY™ integration to mywellness.com website and mywellness app via cloud computing technology, you will always have your training data and personal content at hand via PC and mobile devices, helping you embrace a healthier lifestyle wherever you are.

9. User data and profile management

10. Workout data and controls

11. User customised preferred options

12. Apps

LED Display

The LED display makes training on Excite+ equipment simple and immediate. Control buttons and function keys are large and easy to use, intuitive and are raised up for easy identification.

1

2 3 4

5 6 7

8

1. Goal

For exercising against the **time** elapsed, or number of **calories** burnt, or the **distance** covered.

2. Test

Test to assess your performance. The fitness test is a submaximal test, suitable even for people who have done little to average levels of training.

3. Manual profiles

Variable workouts set according to one of the three goals: time, distance or calorie expenditure. The profile created is reset for the next user once the training session has ended.

4. CPR

A constant pulse rate workout is very important in all situations where you want to maintain a specific heart rate.

5. Training zone

A constant pulse rate workout; training heart rate set according to user fitness level.

6. Weight loss

A workout designed to burn the most calories in the time available.

7. Preset profiles

Variable workouts proposed by Technogym according to one of the three goals: time, distance or calorie expenditure. Up to 6 custom training profiles can be programmed.

8. Pause / Quick start / Stop

For users who wish to train directly and without delay. The options are represented by conventional keys.

Functions on 500 LED Display

Quick start To start exercising right away and for free programming.
Goal You can select the time, distance and calories for your workout.
Programmes CPR, Profiles (except for Jog)

Functions on 900/700 LED Display

Quick start To start exercising right away and for free programming.
Goal You can select the time, distance and calories for your workout.
Programmes CPR, Profiles, Training zone, Weight Loss, Custom.
Fitness Test For discovering your fitness level and aerobic capacity (VO2 max)

GOAL
PROGRAM
0058
GOAL
1 2 3
4 5 6
7 8 9
CLEAR 0 ENTER
2.5 2.33 125 12.05 7.5
QUICK START
STOP

Forma Line

01

/ 136 **Spazio Forma™**

/ 139 **Run Forma**

/ 140 **Jog Forma**

The Forma line of equipment is a direct descendant of professional Technogym cardio training machines, redesigned and adapted with specific ergonomic and safety features appropriate for a home environment. Simple to use, the Forma line integrates a display common to all machines in the series.
The patented CPR (Constant Pulse Rate) system present on all Forma equipment enables you to train efficiently and in complete safety thanks to constant heartbeat monitoring. Once you have set the correct pulse rate, speed and/or incline will adjust automatically to keep your pulse rate in line with the pre-set level and help you achieve your exercise goals safely.
Entertainment Support (01-02) enables you to secure your device to the display with the ergonomically correct inclination and enjoy your own entertainment options while you train.

To learn more about FORMA display, see p. 144

02

/ 141 **Synchro Forma**

/ 142 **Bike Forma**

/ 143 **Recline Forma**

SPAZIO FORMA™

Spazio Forma™

Spazio Forma™ is the professional treadmill which folds away into less than 1 square metre when not in use. Performance and functionality for a simple walk or a more intense run, all ideal exercises to improve the cardio-respiratory system, keep body weight under control and tone legs.

PRODUCT PLUSES

Intelligent safety

The safety features prevent Spazio Forma™ from accidentally opening and closing. The braking system brings the treadmill to a soft and sure halt when you finish your workout.

Easy to manoeuvre

At less than 80cm wide, Spazio Forma™ can fit easily through most doorways without needing to remove the handles. The wheels make it easy to move from one room to another so you can work out wherever you choose.

Run Forma

Run Forma incorporates the technology and biomechanics of the professional product range to provide you with better stability, increased safety and maximum accessibility. The shock absorption system and powerful high-performance motor deliver silent running.

PRODUCT PLUSES

Ergonomics

Thanks to Technogym's extensive research in the field of biomechanics, aimed at improving both ergonomics and safety, the wrap-around design of the handles ensures you train comfortably and confidently at any age and ability.

Ease of access

The exceptionally low-level running surface increases the treadmill's stability and stepping onto the deck is extremely easy, even for users with limited mobility.

Jog Forma

Jog Forma has sport running through its veins. Its size, the sturdiness of the frame and the power of the motor enable superior performance which allows you to enjoy safe and efficient sports training at a more demanding level.

PRODUCT PLUSES

Maximum comfort

The ergonomically positioned display is clear and easy to see while training. The spacious front control panel conveniently accommodates a water bottle and small, personal items.

RUNNER DETECTION

Room to perform

The ergonomically designed handles allow room for freedom of movement. Runner Detection System automatically stops the treadmill when user presence is not detected.

Synchro Forma

Ideal for all users, thanks to the fluid movement which significantly reduces stress to muscles and joints, Synchro Forma turns total body workouts into pure pleasure also because of its silent operation.

PRODUCT PLUSES

Lower body or total body training

The short, fixed hand grips allow for a specific lower body workout. The long handles involve arms, torso and legs in a full body movement.

Biomechanics and smooth motion

The wide ergonomically positioned pedals on Synchro Forma ensure correct posture is maintained at all times. Due to this being zero impact training, Synchro Forma is suitable for users of any age.

Bike Forma

Bike Forma with its adjustable ergonomic saddle and handlebars with three different grip positions, allows you to find the ideal set-up. Silent and stable, it helps tone legs and gluteal muscles and is perfectly suited to high-performance sports training.

PRODUCT PLUSES

Performance and comfort
The built-in elbow rests are made from a high density material to improve riding comfort while in a racing position.

Natural pedalling movement
The pedal cranks are positioned close together, so that the user's feet adopt the most natural pedalling position.

Recline Forma

Incorporating the best in terms of biomechanics and reliability from the professional cardio line, Recline Forma is both lightweight and stable. An ideal solution for users who prefer moderate cardio exercise. The innovative design ensures safety and excellent accessibility to all users and prevents back strain while toning legs.

PRODUCT PLUSES

Easy access The minimal step-over height and the wide walk through between the seat and the pedals makes getting on and off easy.

Adjustable backrest The yellow levers can be used to adjust the incline and distance between seat and pedals in order to obtain a personalised set-up.

FORMA Display

All Forma products share the same display, making them easy and intuitive to use. Extra-large keys are easier to read.

Popular functions are grouped together in the lower part of the screen to enable real time viewing of training data.

2

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1. Programmes

Time Start an exercise with a fixed duration or select a duration as a goal. **Calories** Start an exercise with a preset calorie consumption or select calories consumption as a goal. **Distance** Start an exercise with a fixed distance or select the distance as a goal. **Test** Start a fitness test. **Profiles** Start one of 6 training routines predefined by Technogym or programme 3 customised routines. **CPR** Start an exercise with a constant pulse rate.

2. The dial and readout relating to the goal

The LED dial lights up from left to right in keeping with the workout duration until the goal is reached. A numeric value relating to the selected goal increases accordingly and alternates with all other messages. After selecting a goal, the keys can be used to increase or decrease its value.

3. The numerical keyboard

The numerical keyboard allows you to enter numerical data required during training set-up procedures. **Cancel** Pressed once, this cancels the data entered. Pressed twice, it goes back to the previous message. **Confirm** Confirms the data entered.

4. Numerical displays

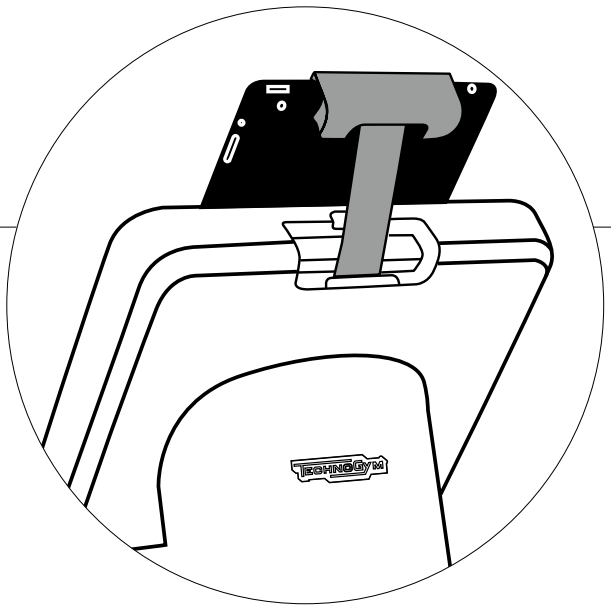
The numerical displays show current training data: incline, as a percentage; pulse rate, as beats per minute; speed, as kilometres per hour.

5–6. Incline +/- Speed +/-

Incline Increases or reduces by 0.5% each time the key is pushed, and adjusts faster if the key is held down. **Speed** Increases or reduces by 0.1 km/h each time the key is pushed, and adjusts faster if the key is held down.

7. Pause / Start / Stop

Pause Interrupts training for a short pause. **Start** Starts the exercise or re-starts training after a short pause. **Stop** Stops all exercises and the cool down phase; cancels exercise programming.



3.5
GRADIENT %
140
9.0
SPEED km/h
PAUSE
START
STOP

TECHNOGYM
TECHNOGYM

GROUP CYCLE

Group Cycle

Group Cycle is the indoor evolution of professional Italian road bikes. Elegant, high-performance bikes, with true cycling spirit and unmistakable Italian style. Indoor cycling is a perfect workout to improve the cardio-respiratory system, keep body weight under control and tone legs and gluteal muscles while improving fitness levels.

PRODUCT PLUSES

Road geometry and riding style variety	Superior biomechanics and ergonomics provide all riders (between 140-210 cm in height) with a perfect fit, ensure correct posture and enable them to enjoy uncompromising performance. Available with belt or chain-driven transmission for an ultra-smooth ride or a traditional cycling experience.
Wireless Console	Easy to install, the optional Wireless Console is the intuitive training interface that monitors cadence/RPM, distance/time elapsed, heart rate and calories burned during and after training.
Easy to adjust, comfortable and safe	The Fast&Simple Setting System (patented) allows rapid, safe adjustment of the settings using visual set up guidance. The multigrip ergonomic handlebar always guarantees maximum comfort in the various riding positions, including the time trial one.
Quality design, materials and details	Light, strong, durable aluminium frame. Smooth surfaces without corners. Coatings highly resistant to scratches and damage from studs.

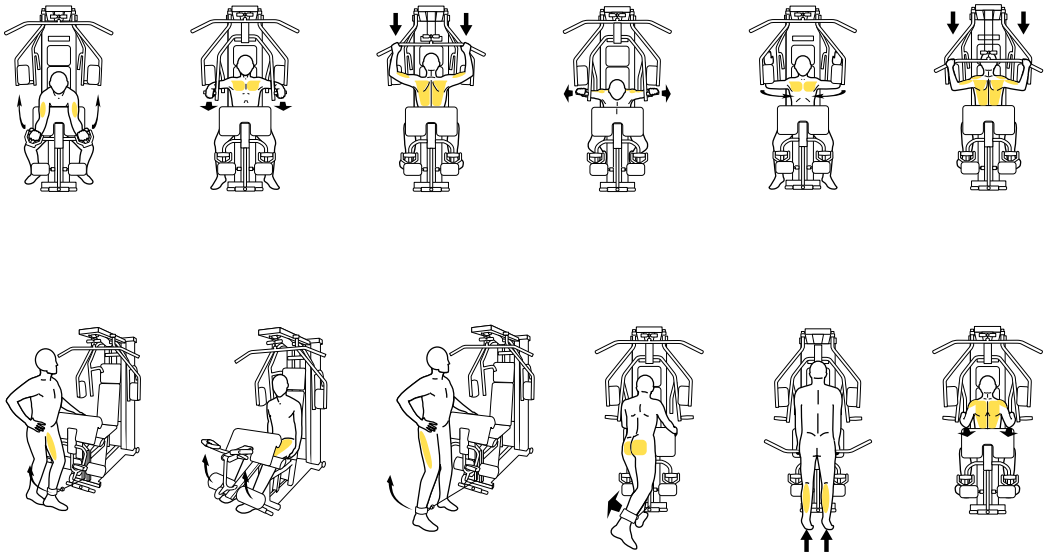
TECHNOGYM
TECHNOGYM

Unica

Designed and built with the same materials as professional gym equipment, with a refined and elegant design, Unica is the most comprehensive physical fitness and muscle-strengthening equipment that exists, allowing more than 25 different exercises to be done in just one and a half square metres.
For athletic conditioning for sports.

PRODUCT PLUSES

Comfort and functionality	Adjustable seat, large anatomical backrest, ergonomic padding and non-slip handgrips. Thanks to the exclusive linkage system, without substituting any part, you can perform more than 25 different exercises by simply selecting the desired weight.
Biomechanics and safety	Biomechanics and the easy start system allow correct, safe use of the equipment even for less experienced users.
Unique design	A real classic in terms of Technogym design, it complements any interior.



Multipla™

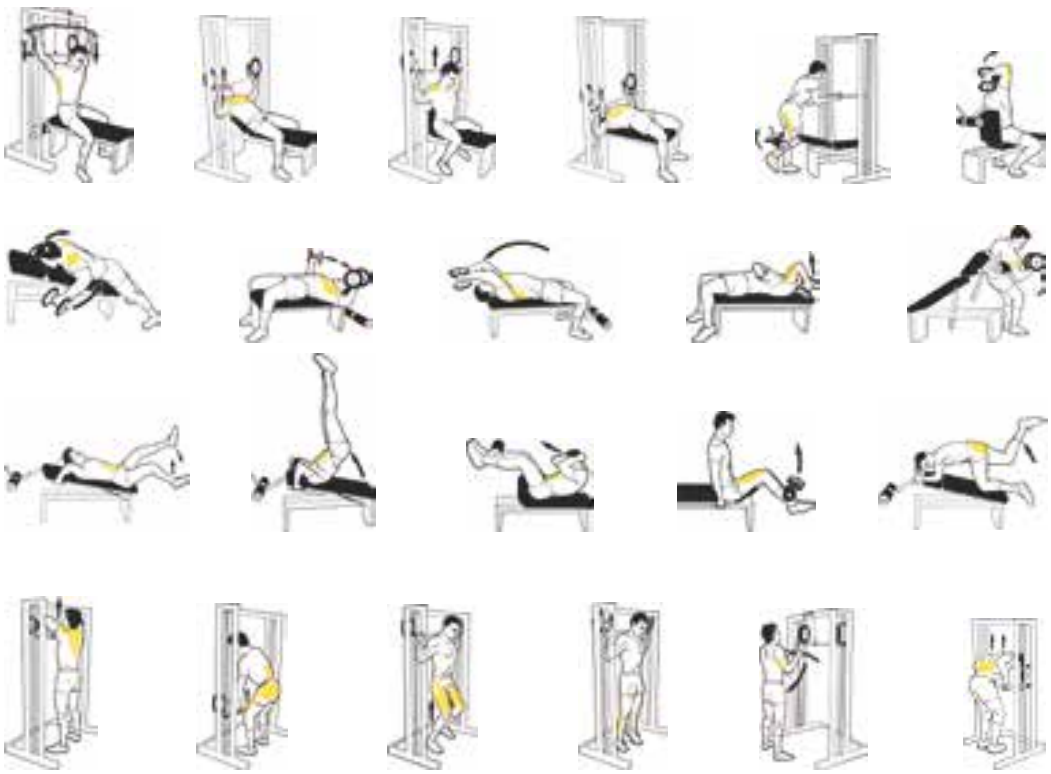
Suited to countless training needs, from simple muscle toning exercises to more demanding sports conditioning, Multipla™ is the ideal home strength system and with more than 20 different exercise routines, it enables a complete workout for all muscles.

Safe professional training

The anti-slip surface on the handles and bar ensure a safe grip during workout. The exclusive Multipower device featuring two professional safety systems enables users to train with the guided barbell in totally safe conditions.

Adjustable bench for personalised training

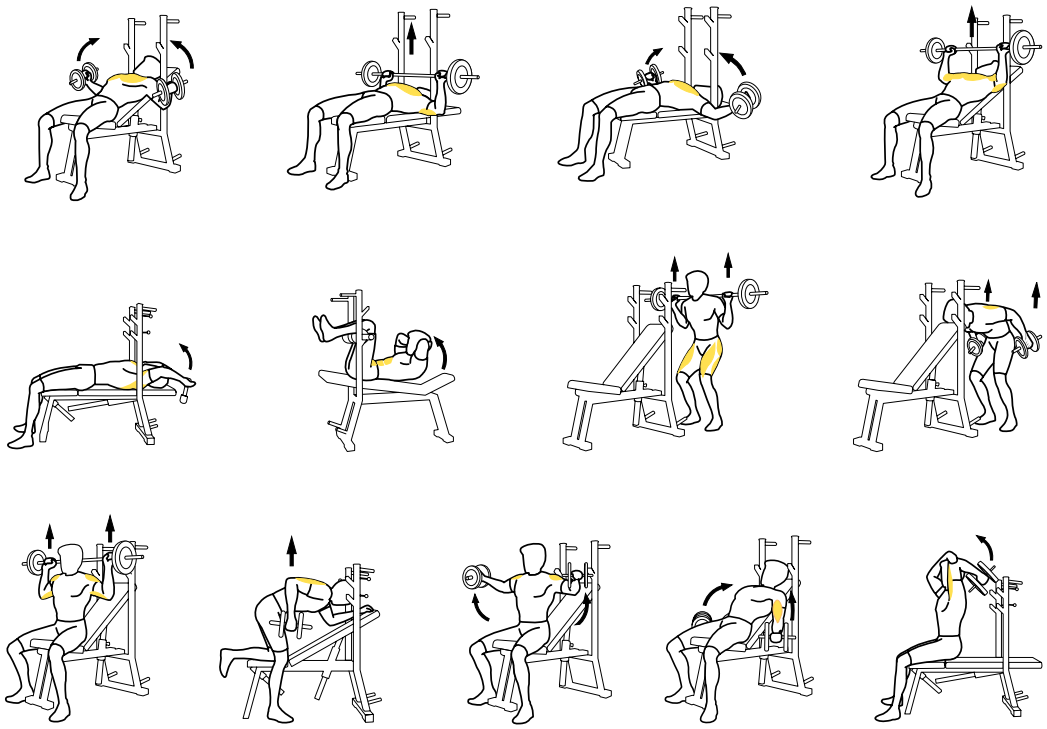
Multipla™ is fitted with an exclusive bench that can be adjusted into many different positions, including a position which enables leg extension exercises for a more complete, personalised training.



Pratica

Pratica is a versatile bench with double stop hooks for barbells designed for strengthening and toning the principal muscles of the hips and upper body.
For users who prefer a free weight training experience.
Meticulous attention to detail in terms of design and finish makes Pratica a prime example of Technogym quality applied to a professional bench.

Small and versatile	Thanks to the elegant, compact design, Pratica enables users to perform more than 10 different strength exercises for all upper body muscles.
Safe and practical	Double stop hooks at two different heights include safety pins to block the barbell in place, thus avoiding any risk of it being dislodged or slipping.
Free weight training experience	Safe exercises with dumbbells and barbells, even with high loads.



FLEXability Posterior and Anterior

Effective stretching

reddot design award
winner 2009

The FLEXability Line is specially designed to make stretching exercises enjoyable and particularly effective. Based on Technogym's rigorous scientific research, equipment allows for initial assessments and during exercising users can measure improvements at all times. FLEXability Posterior (1) enables soft, progressive lengthening of all posterior chain muscles, varying the level of engagement for the different muscles. Users who spend a considerable amount of time on their feet will benefit greatly from stretching with their legs in a raised position. FLEXability Anterior (2) maintains the spinal muscles and the core along the correct axis whilst providing modulated lengthening of the anterior muscle chain, core-back-legs.

2

RECOMMENDED FOR	Stretching of the posterior muscle chain, especially for people who spend lengthy periods standing up.	Stretching of the anterior muscle chain, when this is contracted due to prolonged incorrect posture.	Maintaining and recovering articular flexibility for an anti-aging effect.	Preventing back pains by reducing pressure on the spinal column. Totally relaxed stretching exercises.

Safe, effective stretching

The exclusive Selflex system (patented) developed by Technogym modulates muscle stretching with the gradual action of the user's own bodyweight, preventing any risk of injury. The safety brake makes the equipment extremely stable so that the user can relax completely while holding the position.

More exercises, more effective

The rolling cart features three different stretching angles - at 0°, 20°, 45° - to expand the range of exercises and increase the lengthening of thigh muscles.

Materials

To add a further touch of design to the product, which can be delivered in two colours, an optional wooden cart seat cover is available.

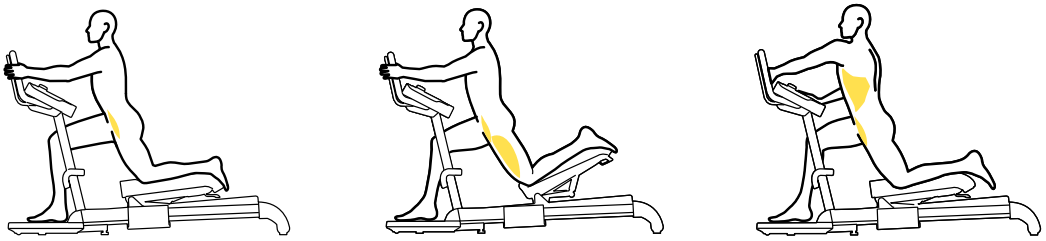
Comfort and ergonomics

The supporting cushions on the backrest, seats and rolling cart can be moulded and adapt to the shape of the user's body thanks to the innovative "Memory" gel filling. Furthermore, FLEXability Posterior features an adjustable support to enable users to assume the most comfortable and ergonomically correct position for their spinal column.

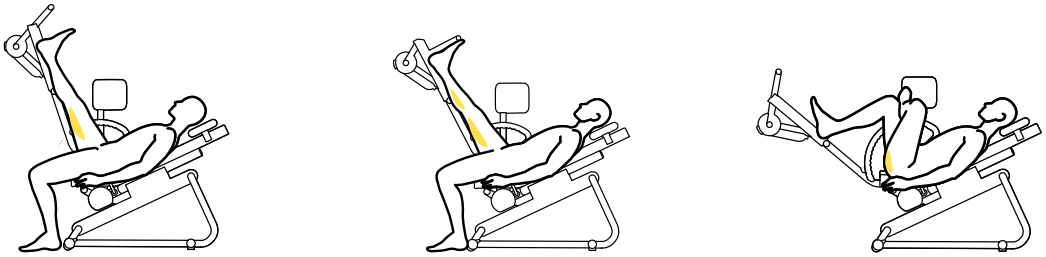
Visible, measurable results

The integrated Visual Feedback system lets you measure improvement in joint flexibility using a numerical scale.

FLEXability Anterior



FLEXability Posterior



Wellness Tools™

Wellness within reach

Products with unique, elegant design for those who want to work out in style wherever they are. Ideal for toning the whole body or specific parts, Wellness Tools™ are designed to offer simplicity, effectiveness and safety during use. These items go together perfectly and can be used to excellent effect in conjunction with Cardio and Kinesis® Personal line products.

1 - 6

1. Wellness Ball™ Active Sitting;
2. Wellness Weights;
3. Wellness Ball™ Training;
4. Wellness Rack;
5. Wellness Bag™ ;
6. Wellness Pad

PRODUCT PLUSES

Maximum versatility

Highly recommended for toning, strengthening and improving the stretch and flexibility of all muscles. Ideal both for the more demanding sportsman and for less expert users. Suitable for use when working out alone or with a Personal Trainer.

Design

A distinctive, elegant style means that they never look out of place anywhere.

Easy to use and functional

Innovative, technical choices make the accessories safe, functional and easy to use. Ideal for keeping in shape when travelling.

Easy exercise guide

User manual with complete range of carefully illustrated exercises.

1

2

3

4

5

6

Wellness Ball™ Active Sitting

Wellness Ball™ - Active Sitting improves your lifestyle. All the time you spend sitting, at home or at work and in your leisure time, can be turned into an opportunity to exercise and be more active. By requiring involuntary micro-movements or by using the ball for targeted exercises, it improves flexibility, stability, balance, coordination and posture, and tones up the back muscles as well as the core muscles. Its patented design ensures a comfortable, stable and correct sitting position for back pain prevention.

Trainer on board

The QR Code gives access to the Wellness Ball™ - Active Sitting mobile website where you'll find exercise videos and a questionnaire to assess your back condition and where you can be assigned the most suitable training programme (patent pending).

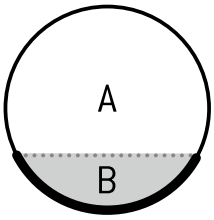
Multi-platform content

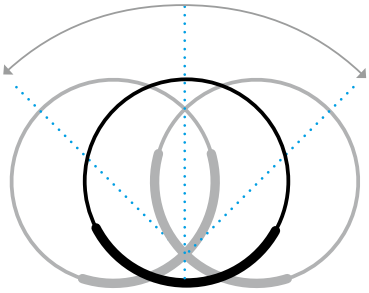
Via the mobile website you will be able to:
- receive personalised training programmes developed by our specialists
- view videos on your smartphone, tablet, PC or Smart TV showing you how to perform each exercise, wherever you are
- receive a reminder of training sessions directly on your PC planner

Technogym mywellness cloud

Safety and stability

The lower part of the Ball is high-density material for greater stability and to prevent it rolling around, ensuring a tidier environment. A specifically developed material has been used on the underside to prevent slipping (patent pending). The Ball is burst-resistant certified.





Environmentally friendly

The Ball is made from top quality PVC and vinyl, both suitable for recycling. Furthermore, it is phthalate-free, latex-free and complies with strict European safety regulations governing cadmium and lead content.

Design and quality finish

Wellness Ball™ - Active Sitting is an interior design item, hand-stitched in Italy and ideally suited to modern, fashion-forward environments. The cover can be removed thanks to a high-quality zip fastener made to nautical standards to stand up to wear and tear (patent pending). It is made of multilayered fabric (patent pending), with a support lining and breathable honeycomb material, typically used in running shoes.

Positioning and trasporting via the handle

The handle allows for easy ball positioning, helping you find a correct sitting position.

Personalisation

Each ball can be inflated to a personalised setting, according to uses, level of comfort and your height.

Use the special label to personalise your ball with your name.

Wellness Ball™ Training

Suitable for users of all kinds - from the less experienced to the most demanding ones, Wellness Ball™ makes training all your muscle groups fun, helping you develop flexibility, balance, coordination and correct posture, and perform bodyweight strength exercises.
Its double-layer surface, the result of a patented technology, ensures that the ball's elastic properties remain unchanged even in the case of frequent use.

PRODUCT PLUSES

Pleasurable and safe materials	Appropriately selected materials guarantee stability, adherence and a soft surface finish. Wellness Ball™ Training is burst-resistant certified for extra safety and its special mixture ensures slow, controlled deflation in case of contact with sharp items.
Available in 2 sizes	Wellness Ball™ Training is available in 2 different diameters to accommodate people of differing heights: Ø55 cm (grey in colour) or Ø65 cm (black in colour).
Environmentally friendly	The Ball is made from top quality PVC and vinyl, both suitable for recycling. Furthermore, it is phthalate-free, latex-free and complies with strict European safety regulations governing cadmium and lead content.

TECHNOGYM
TECHNOGYM

Wellness Bag™

The Wellness Bag™ is a kit of accessories, including handles, elastic cords and ankle straps, designed for people of all ages who wish to stay in shape at home and on the move. Ideal for improving strength and flexibility.
Wrap the Wellness Bag™ up inside the Wellness Pad and you instantly have a mobile gym which weighs just 2.5 Kg.

PRODUCT PLUSES

Safe exercising	Exercises performed using the elastic cords are simple and the resistance/load is optimised according to your physical characteristics and your level of fitness.
Maximum portability and versatility	Easy to carry around when travelling.

Wellness Weights

Wellness Weights are dumbbells to be used at home and when travelling. The modern design and the special materials used make them the perfect answer for people looking to keep in shape and tone up with small weights and a touch of style.

PRODUCT PLUSES

Unconventional materials for a unique design	Technological innovation comes in the form of unconventional materials for this type of product and a modern, advanced design concept.
Wellness everywhere	The bag is designed to pack the weights correctly to make it safe when you are on the move.

Wellness Rack

The elegant, functional weights kit for complete strength training programmes involving all muscle groups.
The high-quality polycarbonate weight stand combines quality and durability with modern, stylish design.

PRODUCT PLUSES

As simple to assemble as it is professional to use	Thanks to the innovative system for fastening the disks to the handlebar, the dumbbells are easy to assemble and used just like professional ones.
Innovative, modern design	The original weight stand is a stylish interior accessory in its own right.

TECHNOGYM
TECHNOGYM
TECHNOGYM
TECHNOGYM

Wellness Pad

An excellent stretching mat, ideal for daily use to improve flexibility and perform basic strength-building floor exercises. Stretching reduces muscular tension, enables greater freedom of movement, helps prevent injuries and improves posture and sports performance.

PRODUCT PLUSES

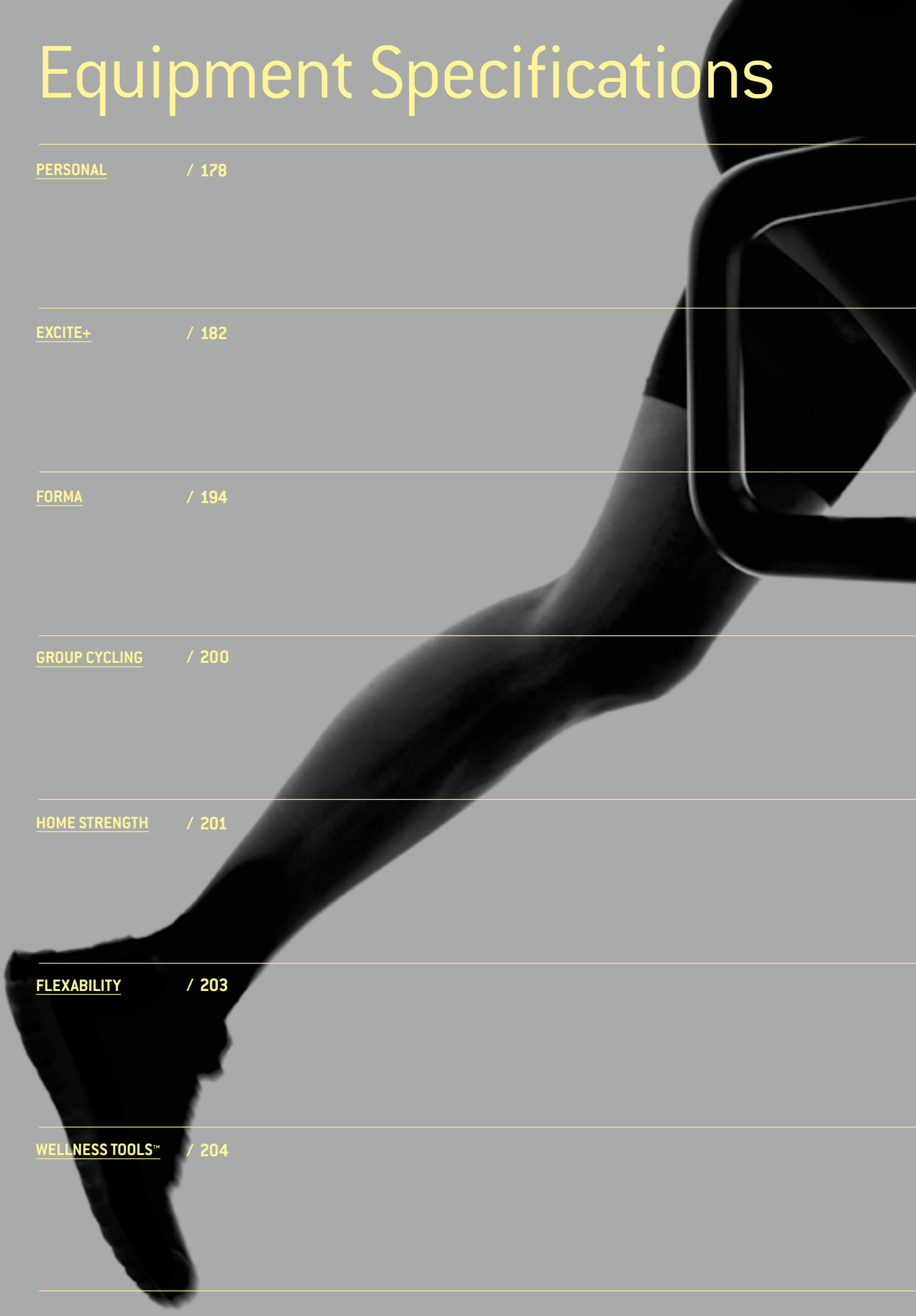
Practical to use and carry around

The basic stretching exercises are printed inside the mat and illustrated in the user manual. The two pockets and shoulder strap make it a versatile and handy solution even for people on the move. Conceived and created to incorporate Wellness Bag™ perfectly.

Stylish design

With its elegant shape and colour, this mat fits perfectly with the line of Wellness Tools™. Designed specially to be carried around and used in combination with Wellness Bag™.

Equipment Specifications



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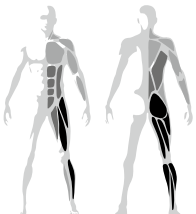
Personal Line

RUN

Specifications and performances	
Dimensions (LxWxH)*	201 x 80 x 147 cm (79" x 31" x 58")
Equipment weight	170 kg (374 lbs)
Max. user weight	160 kg (352 lbs)
Running surface height above ground	20 cm (8")
Speed	0.4 - 18 km/h (0.2 - 11.2 mph)
Incline (%)	0 - 15%
Running surface (Length x Width)	145 x 51 cm (57" x 20")
Power requirement	180 - 265 VAC
Motor power (peak)	4.0 HP
Max. power consumption	2200 VA
Training and comfort features	
Goal Oriented Display	Yes
Training Programmes	16 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6), Custom Speed, Custom Pace, Interval Training, Training Zone, Weight Loss
Test	Fitness Test
Languages available	15 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean
User-defined language selection	Yes
Heart rate monitoring	Hand Sensor, Telemetry
Fast Track Control	Yes
Runner Detection System	Yes
Calorie Coach	Yes
Durability and supplementary features	
Long Life Deck	Yes
Plug & Play System	Yes
Standard functions and accessories	Earphones, Telemetric heart rate monitor (CPR), User manual and Maintenance kit
Display	
Standard display available	VISIOWEB touch screen display (19")



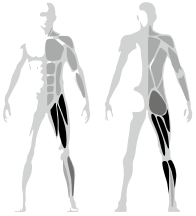
PRIMARY MUSCLES
Quadriceps, Tibialis anterior, Iliopsoas, Gluteus maximus, Biceps femoris, Calf

SECONDARY MUSCLES
Rectus-abdominis, Obliques, Deltoids, Adductor, Quadratus lumborum, Latissimus dorsi

* Length x Width x Height while working on the equipment

RECLINE

Specifications and performances	
Dimensions (LxWxH)*	139 x 64 x 138 cm (55" x 25" x 54")
Equipment weight	70 kg (154 lbs)
Max user weight	160 kg (352 lbs)
Difficulty levels	1 - 25
Resistance at 70 SPM	40 - 400 Watt
Power requirement	90 - 264 VAC
Max power consumption	50 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	20 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6+9 customisable)
Test	Fitness Test
Language available	15 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean
User-defined language selection	Yes
Heart rate monitoring	Hand Sensors, Telemetry
Fast Track Control	Yes
Calorie Coach	Yes
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Earphones, Telemetric heart rate monitor (CPR), User manual and Maintenance kit
Display	
Standard display available	VISIOWEB touch screen display (15.6")



PRIMARY MUSCLES
Quadriceps, Iliopsoas, Biceps femoris, Calf

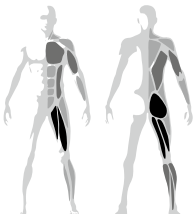
SECONDARY MUSCLES
Adductors, Tibialis anterior, Gluteus

* Length x Width x Height while working on the equipment

Personal Line

CROSS

Specifications and performances	
Dimensions (LxWxH)*	194 x 69 x 176 cm (76" x 28" x 69")
Equipment weight	145 kg (320 lbs)
Max user weight	160 kg (352 lbs)
Difficulty levels	1 - 25
Resistance at 70 SPM	40 - 400 Watt
Power requirement	100 - 240 VAC
Max power consumption	160 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	20 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6+9 customisable)
Test	Fitness test
Languages available	15 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean
User-defined language selection	Yes
Heart rate monitoring	Hand Sensor, Telemetry
Fast Track Control	Yes
Calorie Coach	Yes
Supplementary features	
Plug & Play System	Sì
Standard functions and accessories	Earphones, Telemetric heart rate monitor (CPR), User manual and Maintenance kit
Display	
Standard display available	VISIOWEB

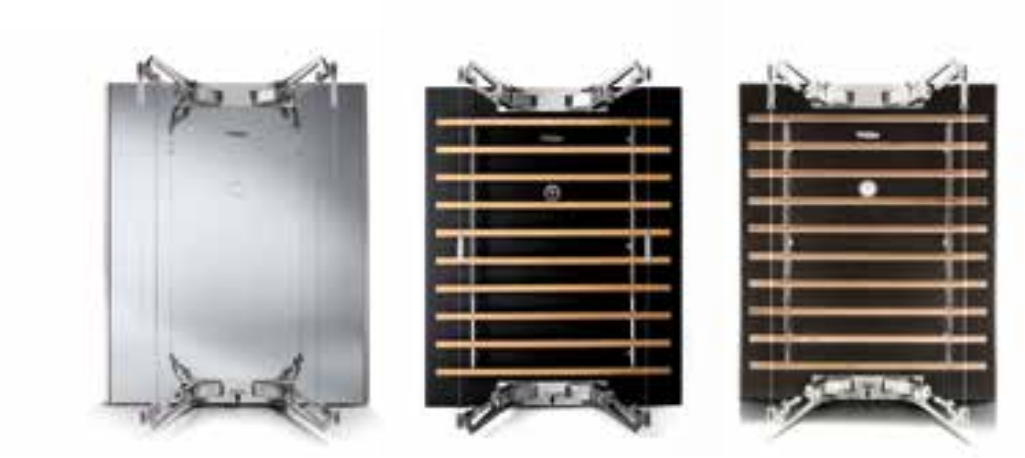


PRIMARY MUSCLES
Quadriceps, Iliopsoas, Gluteus maximus, Biceps femoris

SECONDARY MUSCLES
Obliques, Deltoids, Biceps, Triceps, Adductors, Calves

* Length x Width x Height while working on the equipment

KINESIS®



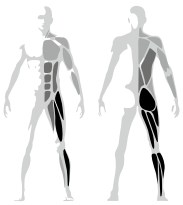
Specifications and training features	
Dimensions (Length x Width x Height)	45 x 170 x 210 cm (18" x 67" x 83") closed 115 x 170 x 210 cm (45" x 67" x 83") during operation
Length when closed	45 cm (18")
Length during operation	115 cm (45")
Minimum frontage required for use	2 m (79")
Equipment weight	240 kg (528 lbs) Heritage - 280 kg (616 lbs) Vision
Power requirement	110 - 220 VAC
Versions available	Vision, Heritage Black, Heritage Leather
Standard functions and accessories	Wellness Ball™, 2 x Revolving attachments 2 x Ankle straps, Exercise and Wellness Lifestyle™ DVD, User manual, Exercise manual

Excite+ Line

RUN NOW

TREND version ● CLASS version ●

	900 UNITY™	900	700 UNITY™	700	500
	ENERGY SAVING	ENERGY SAVING	ENERGY SAVING	ENERGY SAVING ●	ENERGY SAVING ●
Specifications & performance					
Dimensions (LxWxH)*	2190 x 960 x 1551 mm (86" x 38" x 61")				
Weight	195 kg (430 lbs)				
Max user weight	220 kg (485 lbs)				
Running surface height above ground	280 mm (11")				
Motor power (peak)	8.0 HP (AC)				
Speed range	0.8 - 27 km/h (0.5 - 16.8 mph) at 220 Vac 0.8 - 22 km/h (0.5 - 13.7 mph) at 110 Vac 0.8 - 20 km/h (0.5 - 12.4 mph) at 90 Vac		0.8 - 25 km/h (0.5 - 15.5 mph) at 220 Vac 0.8 - 22 km/h (0.5 - 13.7 mph) at 110 Vac 0.8 - 20 km/h (0.5 - 12.4 mph) at 90 Vac		0.8 - 20 km/h (0.5 - 12.4 mph) at 220, 110, 90 Vac
Incline	0 - 18%		0 - 15%		
Running surface (LxW)	1520 x 520 mm (60" x 20.5")				
Power requirement	200 - 240 Vac ("E" version); 100 - 120 Vac (version "1"); 200 - 240 Vac (Version "2"); 16A dedicated socket each machine				
Training & comfort features					
Goal Oriented Display	YES				
Training Programmes	27 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 12 customisable), Create your own, Training Zone, Weight Loss, Virtual Training	23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom Speed, Training Zone, Weight Loss	27 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 12 customisable), Create your own, Training Zone, Weight Loss, Virtual Training	23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom Speed, Training Zone, Weight Loss	11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)
Sub maximal tests	3 -Fitness Test, Single stage, Multistage		Fitness Test		
Maximal tests	8 - Technogym maximal test, Custom maximal test, Bruce, Bruce modified, Naughton, Balke and Ware, Astrand modified, Costill and Fox		NO		
Military tests	6 - Gerkin Protocol, Air Force PRT, Navy PRT, Army PFT, Marine Corps PFT, Federal Law Enforcement PEB				NO
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish	13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish	13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish	
User-defined language selection	YES				NO
HR monitoring	Hand Sensor, Telemetry**				
Fast Track Control	YES				NO
Runner Detection System	YES				
"InMotion" Safety System	YES				
ReadyToRun	YES				
Laser marking on belt	YES				
Integrated fan	YES				NO
Calorie Coach	YES				
Supplementary features					
Servicing	Belt and deck lubrication not required				
Long Life Deck	YES				
Heart rate interactive function via Hand Sensors	YES				NO
Display options					
Display available	UNITY™	Advanced LED	UNITY™	Advanced LED	LED
Certifications					
MET Mark	YES				



PRIMARY MUSCLES
Quadriceps, Tibialis anterior, Iliopsoas, Gluteus maximus, Biceps femoris, Calf

SECONDARY MUSCLES
Rectus-abdominis, Obliques, Deltoids, Adductor, Quadratus lumborum, Latissimus dorsi

● IFI accredited version available for UK market only

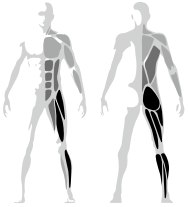
* Length x Width x Height while working on the equipment

** Chest band and transmitter not included on version 500

JOG NOW

TREND version ● CLASS version ●

	700 VISIOWEB	700 ●	500 ●
Specifications & performance			
Dimensions (LxWxH)*	2100 x 859 x 1481 mm (83" x 34" x 58")		
Weight	164 kg (362 lbs)		
Max user weight	220 kg (485 lbs)		
Running surface height above ground	200 mm (8")		
Motor power (peak)	6.0 HP (AC)		
Speed range	0.4 - 18 km/h (0.2 - 11.2 mph)		
Incline	0 - 15%		
Running surface (LxW)	1510 x 510 mm (59" x 20")		
Power requirement	200 - 240 Vac ("E" version); 100 - 120 Vac (version "1"); 200 - 240 Vac (version "2"); 16A dedicated socket each machine		
Training & comfort features			
Goal Oriented Display	YES		
Training Programmes	27 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 12 customisable), Custom Speed, Custom Pace, Training Zone, Weight Loss	11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)	5 - Quick Start, Goals (Time; Distance; Calories), CPR
Sub maximal tests	Fitness Test		NO
Military tests	6 - Gerkin Protocol, Air Force PRT, Navy PRT, Army PFT, Marine Corps PFT, Federal Law Enforcement PEB		NO
Languages available	15 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean	13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish	
HR monitoring	Hand Sensor, Telemetry		Telemetry**
Runner Detection System	YES		
"InMotion" Safety System	YES		NO
ReadytoRun	YES		NO
Laser marking on belt	YES		
Calorie Coach	YES		
Supplementary features			
Servicing	Belt and deck lubrication not required		
Long Life Deck	YES		
Plug & Play System	YES		
Wellness System	Optional		
Certifications			
93/42/EEC Certification	NO		YES on 500 MD
MET Mark	YES		
Display options			
Display available	VISIOWEB	Advanced LED	LED



PRIMARY MUSCLES
Quadriceps, Tibialis anterior, Iliopsoas, Gluteus maximus, Biceps femoris, Calf

SECONDARY MUSCLES
Rectus-abdominis, Obliques, Deltoids, Adductor, Quadratus lumborum, Latissimus dorsi

● MD version available (compliant to 93/42/CEE medical certification)

* Length x Width x Height while working on the equipment

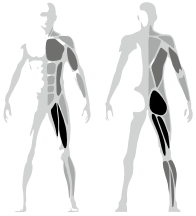
** Chest band and transmitter not included on version 500

Excite+ Line

VARIO

TREND version
CLASS version

	700 UNITY™	700	700 SP	500	500 SP
		●	ENERGY SAVING	●	ENERGY SAVING
Specifications & performance					
Dimensions (LxWxH)*	1940 x 730 x 1700 mm (73"x 29"x 67")				
Weight	200 kg (441 lbs)				
Max user weight	160 kg (353 lbs)				
Min. pedal height above ground	270 mm (11")				
Step height	170 mm (7")				
Min. - max stride	0 - 830 mm (0 - 33")				
Difficulty levels	1-25				
Resistance at 70 SPM (Watts)	30-500		50-500	30-500	50-500
Power requirement	100 - 240 Vac 50/60 Hz		Self Powered cordless	100 - 240 Vac 50/60 Hz	Self Powered cordless
Training & comfort features					
Goal Oriented Display	YES				
Training Programmes	27- Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 12 customisable), Create your own, Training Zone, Weight Loss, Virtual Training	23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom, Training Zone, Weight Loss		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)	
Sub maximal tests	Fitness Test			NO	
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish	13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish			
HR monitoring	Double Hand Sensor, Telemetry			Telemetry**	
Fast Track Control	YES			NO	
Calorie Coach	YES				
Easy Start System	YES				
Lateral supports	YES				
Supplementary features					
Plug & Play System	YES				
Wellness system	Optional				
Certifications					
93/42/EEC Certification	NO	YES on 700 MD	NO	YES on 500 MD	NO
UL Mark	YES				
Display options					
Display available	UNITY™	Advanced LED	Advanced LED	LED	LED



PRIMARY MUSCLES
Quadriceps, Iliopsoas, Gluteus maximus, Biceps femoris

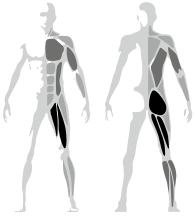
SECONDARY MUSCLES
Obliques, Deltoids, Biceps, Triceps, Adductors, Calf

● MD version available (compliant to 93/42/CEE medical certification)
* Length x Width x Height while working on the equipment
** Chest band and transmitter not included

CROSSOVER

TREND version
CLASS version

	700 UNITY™	700	700 SP	500	500 SP
		●	ENERGY SAVING	●	ENERGY SAVING
Specifications & performance					
Dimensions (LxWxH)*	1625 x 752 x 1692 mm (64" x 30" x 67")				
Weight	155 kg (342 lbs)				
Max user weight	180 kg (397 lbs)				
Kind of movement	Lateral Pattern – Dependent pedals with predefined stride length – Convergent Upper Body				
Difficulty levels	1 - 25				
Resistance at 120 SPM (Watts)	30 - 340		50 - 340	30 - 340	50 - 340
Power requirement	100 - 240 Vac 50/60 Hz		Self Powered cordless	100 - 240 Vac 50/60 Hz	Self Powered cordless
Training & comfort features					
Goal Oriented Display	YES				
Training Programmes	27- Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 12 customisable), Create your own, Training Zone, Weight Loss, Virtual Training	23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom, Training Zone, Weight Loss		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)	
Sub maximal tests	Fitness Test			NO	
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish	13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish			
User-defined language selection	YES			NO	
HR monitoring	Double Hand Sensor, Telemetry			Telemetry**	
Fast Track Control	YES			NO	
Calorie Coach	YES				
Supplementary features					
Plug & Play System	YES				
Wellness system	Optional				
Certifications					
93/42/EEC Certification	NO	YES on 700 MD	NO	YES on 500 MD	NO
UL Mark	YES				
Display options					
Display available	UNITY™	Advanced LED	Advanced LED	LED	LED



PRIMARY MUSCLES
Quadriceps, Iliopsoas, Gluteus maximus, Biceps femoris

SECONDARY MUSCLES
Obliques, Deltoids, Biceps, Triceps, Adductors, Calf

● MD version available (compliant to 93/42/CEE medical certification)

* Length x Width x Height while working on the equipment

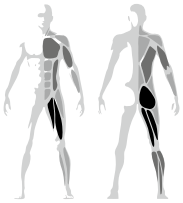
** Chest band and transmitter not included

Excite+ Line

SYNCHRO

TREND version ● CLASS version ●

	700 UNITY™	700	700 SP	500	500 SP
		●	ENERGY SAVING	●	ENERGY SAVING
Specifications & performance					
Dimensions (LxWxH)*	2040 x 700 x 1600 mm (81" x 28" x 63")				
Weight	150 kg (330 lbs)				
Max user weight	180 kg (397 lbs)				
Difficulty levels	1 - 25				
Resistance at 120 SPM (Watts)	30 - 500		40 - 500	30 - 500	40 - 500
Power requirement	100 - 240 Vac 50/60 HZ		Self Powered cordless	100 - 240 Vac 50/60 HZ	Self Powered cordless
Maximum power consumption	100 VA		Self Powered cordless	100 VA	Self Powered cordless
Training & comfort features					
Goal Oriented Display	YES				
Training Programmes	27- Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 12 customisable), Create your own, Training Zone, Weight Loss, Virtual Training	23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom, Training Zone, Weight Loss		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)	
Sub maximal tests	Fitness Test			NO	
Military tests	Navy PRT			NO	
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish	13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish			
User-defined language selection	YES			NO	
HR monitoring	Double Hand Sensor, Telemetry			Telemetry**	
Fast Track Control	YES			NO	
Calorie Coach	YES				
Supplementary features					
Plug & Play System	YES				
Wellness system	Optional				
Certifications					
93/42/EEC Certification	NO	YES on 700 MD	NO	YES on 500 MD	NO
UL Mark	YES				
Display options					
Display available	UNITY™	Advanced LED	Advanced LED	LED	LED



PRIMARY MUSCLES
Quadriceps, Iliopsoas, Gluteus maximus, Biceps femoris

SECONDARY MUSCLES
Obliques, Deltoids, Biceps, Triceps, Adductors, Calves

● MD version available (compliant to 93/42/CEE medical certification)

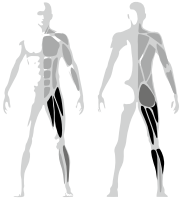
* Length x Width x Height while working on the equipment

** Chest band and transmitter not included

BIKE

TREND version
CLASS version

	700 UNITY™	700	700 SP	500	500 SP
			ENERGY SAVING		ENERGY SAVING
Specifications & performance					
Dimensions (LxWxH)*	1185 x 600 x 1338 mm (47" x 24" x 53")				
Weight	61 kg (134 lbs)				
Max user weight	180 kg (397 lbs)				
Difficulty levels	1 - 25				
Resistance at 70 RPM (Watts)	30 - 500		40 - 500	30 - 500	40 - 500
Power requirement	100 - 240 Vac 50/60 HZ		Self Powered cordless	100 - 240 Vac 50/60 HZ	Self Powered cordless
Maximum power consumption	50 VA		Self Powered cordless	50 VA	Self Powered cordless
Training & comfort features					
Goal Oriented Display	YES				
Training Programmes	27- Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 12 customisable), Create your own, Training Zone, Weight Loss, Virtual Training	23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom, Training Zone, Weight Loss		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)	
Sub maximal tests	Fitness Test			NO	
Military tests	2 - Air Force PRT, Navy PRT			NO	
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish	13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish			
User-defined language selection	YES			NO	
HR monitoring	Double Hand Sensor, Telemetry			Telemetry**	
Fast Track Control	YES			NO	
Three-position handlebar	Classic Position, City Bike Position and Race Position				
Calorie Coach	YES				
Handlebar with soft elbow rests	YES				
Seat adjustment mechanism	Integrated into back of seat				
Seat height step	12.5 mm (0.5")				
Smart pedals	YES			NO	
Easy entry pedals	YES			NO	
Number of seat positions	27				
Supplementary features					
Heart rate interactive function via Hand Sensors	YES			NO	
Plug & Play System	YES				
Wellness system	Optional				
Certifications					
93/42/EEC Certification	NO	YES on 700 MD	NO	YES on 500 MD	NO
UL Mark	YES				
Display options					
Display available	UNITY™	Advanced LED	Advanced LED	LED	LED
Accessories					
Accessories available	Straps (A0000496)				



PRIMARY MUSCLES
Quadriceps, Iliopsoas, Biceps femoris, Calf

SECONDARY MUSCLES
Adductors, Tibialis anterior, Gluteus

MD Inclusive version available
(compliant to 93/42/CEE medical certification)

IFI accredited version available for UK market only

* Length x Width x Height while working on the equipment
** Chest band and transmitter not included

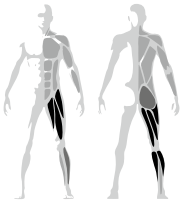
CPR® SYSTEM

Excite+ Line

RECLINE

TREND version
CLASS version

	700 UNITY™	700	700 SP	500	500 SP
			ENERGY SAVING		ENERGY SAVING
Specifications & performance					
Dimensions (LxWxH)*	1600 x 600 x 1294 mm (63" x 24" x 51")				
Weight	81 kg (179 lbs)				
Max user weight	220 kg (485 lbs)				
Difficulty levels	1 - 25				
Resistance at 70 RPM (Watts)	30 - 500		40 - 500	30 - 500	40 - 500
Power requirement	100 - 240 Vac 50/60 HZ		Self Powered cordless	100 - 240 Vac 50/60 HZ	Self Powered cordless
Maximum power consumption	50 VA		Self Powered cordless	50 VA	Self Powered cordless
Training & comfort features					
Goal Oriented Display	Si				
Training Programmes	27- Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 12 customisable), Create your own, Training Zone, Weight Loss, Virtual Training	23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom, Training Zone, Weight Loss		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)	
Sub maximal tests	Fitness Test			NO	
Military tests	2 - Air Force PRT, Navy PRT			NO	
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish	13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish			
User-defined language selection	YES			NO	
HR monitoring	Hand Sensor, Telemetry			Telemetry**	
Fast Track Control	YES			NO	
Calorie Coach	YES				
Seat height step	12.5 mm (0.5")				
Easy to adjust pedal straps	YES			NO	
Ergonomic handlebar for easy mounting and dismounting	YES				
Adjustable backrest	4 positions				
Number of seat positions	27				
Supplementary features					
Heart rate interactive function via Hand Sensors	YES			NO	
Plug & Play System	YES				
Wellness system	Optional				
Certifications					
93/42/EEC Certification	NO	YES on 700 MD	NO	YES on 500 MD	NO
UL Mark	YES				
Display options					
Display available	UNITY™	Advanced LED	Advanced LED	LED	LED
Accessories					
Accessories available	Straps (A0000496)				



PRIMARY MUSCLES
Quadriceps, Iliopsoas, Biceps femoris, Calf

SECONDARY MUSCLES
Adductors, Tibialis anterior, Gluteus

MD Inclusive version available (compliant to 93/42/CEE medical certification)

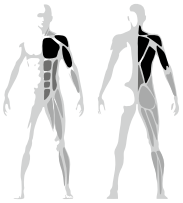
IFI accredited version available for UK market only

* Length x Width x Height while working on the equipment
** Chest band and transmitter not included

TOP

TREND version
CLASS version

	700 UNITY™	700	700 SP
			ENERGY SAVING
Specifications & performance			
Dimensions (LxWxH)*	1550 x 650 x 1491 mm (60" x 25" x 58")		
Weight	130 kg (287 lbs)		
Max user weight	180 kg (397 lbs)		
Difficulty levels	1 - 30		
Resistance (Watts)	12 - 1000**		
Power requirement	100 - 240 Vac 50/60 HZ		Self Powered cordless
Maximum power consumption	100 VA		Self Powered cordless
Training & comfort features			
Goal Oriented Display	YES		
Warm Up function	YES		
Training Programmes	28- Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 12 customisable), Custom (Constant Speed, Constant Power), Training Zone, Cruise Control, Warm Up	25 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom (Constant Speed, Constant Power), Training Zone, Weight Loss, Cruise Control	
Sub maximal tests	Fitness Test		
Maximal tests	Maximal test, Wingate test		
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish	13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish	
User-defined language selection	YES		
HR monitoring	Telemetry		
Calorie Coach	YES		
Ergonomic seat	YES		
Rotating handles	YES		
Supplementary features			
Plug & Play System	YES		
Wellness system	Optional		
Certifications			
93/42/EEC certification	NO	YES on 700 MD	NO
UL Mark	YES		
Display options			
Display available	UNITY™	Advanced LED	Advanced LED
Accessories			
Accessories available	Ergonomic Seat without backrest (A0000368), Standard Seat with backrest (A0000371), Platform to be used with seat (A0000497), Platform to be used without seat (A0000609)		



PRIMARY MUSCLES
Pectorals, Deltoids, Trapezius, Biceps, Triceps, Latissimus dorsi

SECONDARY MUSCLES
Abdominals, Quadratus lumborum

MD Inclusive version available
(compliant to 93/42/CEE medical certification)

IFI accredited version available for UK market only

* Length x Width x Height while working on the equipment

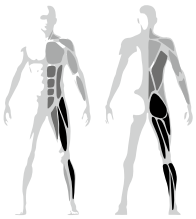
** 12 Watts at level 1 e and 40 RPM speed; 1000 Watts on specific testing functions

Excite+ Line

STEP

TREND version
CLASS version

	700 UNITY™	700	700 SP	500	500 SP
		●	ENERGY SAVING	●	ENERGY SAVING
Specifications & performance					
Dimensions (LxWxH)*	1112 x 790 x 1835 mm (44" x 31" x 72")				
Weight	100 kg (220 lbs)				
Max user weight	180 kg (397 lbs)				
Speed (min./max. SPM)	26 / 200		33 / 200	26 / 200	33 / 200
Kind of movement	Independent pedals				
Difficulty levels	1 - 25				
Power requirement	100 - 240 Vac 50/60 HZ		Self Powered cordless	100 - 240 Vac 50/60 HZ	Self Powered cordless
Maximum power consumption	100 VA		Self Powered cordless	100 VA	Self Powered cordless
Training & comfort features					
Goal Oriented Display	YES				
Training Programmes	26 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 12 customisable), Create your own, Training Zone, Weight Loss	23 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable), Custom, Training Zone, Weight Loss		11 - Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6)	
Sub maximal tests	Fitness Test			NO	
Languages available	18 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish, Arabian, Korean, Norwegian, Swedish, Finnish	13 - UK English, US English, Italian, German, Spanish, French, Dutch, Portuguese, Japanese, Chinese, Russian, Turkish, Danish			
User-defined language selection	YES			NO	
HR monitoring	Hand Sensor, Telemetry			Telemetry**	
Fast Track Control	YES			NO	
Calorie Coach	YES				
Supplementary features					
Heart rate interactive function via Hand Sensors	YES			NO	
Plug & Play System	YES				
Wellness system	Optional				
Certifications					
93/42/EEC Certification	NO	YES on 700 MD	NO	YES on 500 MD	NO
UL Mark	YES				
Display options					
Display available	UNITY™	Advanced LED	Advanced LED	LED	LED



PRIMARY MUSCLES
Quadriceps, Tibialis anterior, Iliopsoas, Gluteus maximus, Biceps femoris, Calf

SECONDARY MUSCLES
Rectus-abdominis, Obliques, Deltoids, Adductor, Quadratus lumborum, Latissimus dorsi

● MD version available (compliant to 93/42/CEE medical certification)
* Length x Width x Height while working on the equipment
** Chest band and transmitter not included

DISPLAYS

EXCITE+ Line	UNITY™ Android open platform*	Advanced LED display**	LED display**
Run Now	900 UNITY™, 700 UNITY™	900, 700	500
Jog Now	/	700	500
Vario	700 UNITY™	700, 700 SP	500, 500 SP
Crossover	700 UNITY™	700, 700 SP	500, 500 SP
Synchro	700 UNITY™	700, 700 SP	500, 500 SP
Bike	700 UNITY™	700, 700 SP	500, 500 SP
Recline	700 UNITY™	700, 700 SP	500, 500 SP
Top	700 UNITY™	700, 700 SP	500, 500 SP
Step	700 UNITY™	700, 700 SP	500, 500 SP

* For use with the Technogym key device to save training programmes and track results. To view the controls of your iPod or iPhone or USB device, if connected. As well as listening to musics and audio books, looking at photos and watching videos, you can save your training directly on your iPod and then use it on the Nikeplus site.

**For use with the Technogym key device to save training programmes and track results.

Excite+ Line

DISPLAYS

	UNITY™ EXCITE+	LED 700
Screen & controls		
Screen size - Run Now	19" LCD - Wide 16:9	Led
Screen size - Other equipment	15.6" LCD - Wide 16:9	Led
Android OS	Yes	No
Capacitive touch screen	Yes	No
Tablet-like navigation	Yes	No
Classic keypad	No	Yes
Training content		
Guide Me	Yes	No
Embedded Workout Programmes*	27	23
Languages	18 languages US English, UK English, Spanish, Portuguese, French, German, Dutch, Chinese, Japanese, Russian, Turkish, Danish, Italian, Arabic, Korean, Norwegian, Swedish, Finnish	13 languages US English, UK English, Spanish, Portuguese, French, German, Dutch, Chinese, Japanese, Russian, Danish, Italian, Turkish
User connectivity options / mywellness cloud access		
NFC (RFID) reader	Yes	No
QR code	Yes	No
Technogym key and mywellness key reader	Yes	optional
Login with username and password (typing option)	Yes	No
User personal account		
My Training Programme	Yes	Yes
My Weather	Yes	No
My Challenges	Yes	No
Favourite TV channels	Yes	No
Favourite WEB bookmarks	Yes	No
User Content Sync	Yes	No
Entertainment options / Multimedia		
Analogue TV	PAL (BG, DK, I, BH, M, N), SECAM (L, L1, DK, H, BG), NTSC (NTSC M, NTSC4.43 M)	No
Digital TV	DVB-T HD, DVB-C HD, ATSC+QAM B, ISDB-T (with smart card reader for Japanese market)	No
IPTV	SD; HD (MPEG-2 Standard Definition.; MPEG-4 pt10 AVC/H.264 Standard Definition & HD; Protocols: UDP/RTP RTSP)	No

	UNITY™ EXCITE+	LED 700
Entertainment options		
Radio	digital (DVB-T, DVB-C, ATSC, ISDB-T, QAM), analogue (FM)	No
Free web browsing	Yes	No
Games for braintraining	Yes	No
Integrated webcam	Yes	No
Microphone	Yes, plug audio/mic: Mini-jack 3.5 mm with CTIA/AHL standard**	No
USB Multimedia - Audio	MP3, AAC, WAV (uncompressed)	No
USB Multimedia - Video	AVI (Video codec: XVID, MPEG4, H264 - Audio codec: MP3, AC3) MKV (Video codec: MPEG4, H264 - Audio codec: MP3, AAC, AC3) MP4 (Video codec: MPEG4, H264 - Audio codec: MP3, AC3)	No
USB Multimedia - Picture and documents readers	JPEG, BMP, GIF, PNG	No
iPod / iPhone Audio***	Yes	No
iPod / iPhone Video***	Yes	No
iPod / iPhone - support and recharge***	Yes	No
iPad (support and recharge)	Yes	No
Nike+iPod	Yes	No
Virtual Training	Yes	No
Netpulse multimedia contents	Yes	No
Netpulse Virtual Active videos	Yes	No
Network connectivity		
LAN - Ethernet 10/100	Yes	No
WiFi	Yes (Wi-Fi IEEE 802.11b/g/n 2.4GHZ ISM Band; Security: WPA/WPA2, WEP)	No
C-Safe	Yes	Yes

*Refers to Run Now. Total number of programmes available may vary on other equipment.

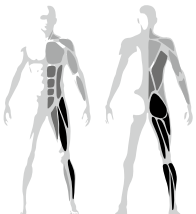
** not compatible with the original Apple earphones microphone.

***iPod dock connector only. The 30-pin connector works with iPhone 4S, iPhone 4, iPhone 3GS, iPhone 3G, iPhone, iPod touch (1st through 4th generation), iPod classic, and iPod nano (1st through 6th generation).

Forma Line

SPAZIO FORMA™

Specifications and performances	
Dimensions (Length x Width x Height)*	206 x 79 x 138 cm (81" x 31" x 54") Open 84 x 79 x 165 cm (33" x 31" x 65") Closed
Equipment weight	160 kg (352 lbs)
Max. user weight	130 kg (285 lbs)
Running surface height above ground	20 cm (8")
Speed	0.8 - 16 km/h (0.5 - 9.9 mph)
Incline	0 - 12 %
Running surface (Length x Width)	141 x 48 cm (56" x 19")
Power requirement	180 - 265 VAC
Motor power (peak)	2.75 HP (DC)
Max. power consumption	1500 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	14 - Quick Start, Goals (Time, Distance, Calories), CPR, Profiles (6+3 customisable)
Test	Fitness Test
Language selection	The display language is selected by the client at the time of the purchase order
Heart rate monitoring	Telemetry
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), Training Programmes and User manual on USB Key and Maintenance kit
Display	
Standard display available	FORMA display



PRIMARY MUSCLES
Quadriceps, Tibialis anterior, Iliopsoas, Gluteus maximus, Biceps femoris, Calf

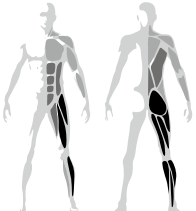
SECONDARY MUSCLES
Rectus-abdominis, Obliques, Deltoids, Adductor, Quadratus lumborum, Latissimus dorsi

* Length x Width x Height while working on the equipment

CPR® SYSTEM

RUN FORMA

Specifications and performances	
Dimensions (Length x Width x Height)*	187 x 79 x 138 cm (74" x 31" x 54")
Equipment weight	120 kg (265 lbs)
Max user weight	130 kg (285 lbs)
Running surface height above ground	14.5 cm (5.7")
Speed	0.8 - 16 km/h (0.5 - 9.9 mph)
Incline	0 - 12 %
Running surface (Length x Width)	141 x 48 cm (56" x 19")
Power requirement	180 - 265 VAC
Motor power (peak)	2.75 HP (DC)
Max. power consumption	1500 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	14 - Quick Start, Goals (Time, Distance, Calories), CPR, Profiles (6+3 customisable)
Language selection	The display language is selected by the client at the time of the purchase order
Test	Fitness Test
Goal Training	Time, Distance, Calories
Heart rate monitoring	Telemetry
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), Training Programmes and User manual on USB Key and Maintenance kit
Display	
Standard display available	FORMA display



PRIMARY MUSCLES
Quadriceps, Tibialis anterior, Iliopsoas, Gluteus maximus, Biceps femoris, Calf

SECONDARY MUSCLES
Rectus-abdominis, Obliques, Deltoids, Adductor, Quadratus lumborum, Latissimus dorsi

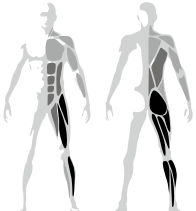
* Length x Width x Height while working on the equipment

CPR® SYSTEM

Forma Line

JOG FORMA

Specifications and performances	
Dimensions (Length x Width x Height)*	210 x 86 x 150 cm (83" x 34" x 59")
Equipment weight	164 kg (361 lbs)
Max user weight	180 kg (396 lbs)
Running surface height above ground	21 cm (8")
Speed	0.4 - 18 km/h (0.25 - 11.2 mph)
Incline	0 - 15 %
Running surface (Length x Width)	151 x 51 cm (56" x 19")
Motor power (peak)	6.0 HP (AC)
Max. power consumption	2200 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	5 - Quick Start, Goals (Time, Distance, Calories), CPR
Test	Fitness Test
Language selection	The display language is selected by the client at the time of the purchase order
Heart rate monitoring	Telemetry
Runner Detection System	Yes
Calorie Coach	Yes
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), Training Programmes and User manual on USB Key and Maintenance kit
Display	
Standard display available	FORMA display



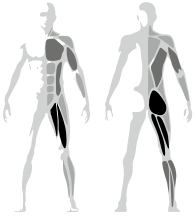
PRIMARY MUSCLES
Quadriceps, Tibialis anterior, Iliopsoas, Gluteus maximus, Biceps femoris, Calf

SECONDARY MUSCLES
Rectus-abdominis, Obliques, Deltoids, Adductor, Quadratus lumborum, Latissimus dorsi

* Length x Width x Height while working on the equipment

SYNCHRO FORMA

Specifications and performances	
Dimensions (Length x Width x Height)*	204 x 75 x 160 cm (80" x 29" x 63")
Equipment weight	148 kg (326 lbs)
Max user weight	160 kg (352 lbs)
Suitable for users whose height is	155 - 205 cm (5' - 6' 7")
Difficulty levels	1 - 12
Resistance at 120 SPM	30 - 300 Watt
Max power consumption	100 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	5 - Quick Start, Goals (Time, Distance, Calories), CPR
Test	Fitness Test
Language selection	The display language is selected by the client at the time of the purchase order
Heart rate monitoring	Telemetry
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), Training Programmes and User manual on USB Key and Maintenance kit
Display	
Standard display available	FORMA display



PRIMARY MUSCLES
Quadriceps, Iliopsoas, Gluteus maximus, Biceps femoris

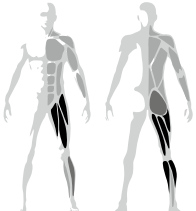
SECONDARY MUSCLES
Obliques, Deltoids, Biceps, Triceps, Adductors, Calves

* Length x Width x Height while working on the equipment

Forma Line

RECLINE FORMA

Specifications and performances	
Dimensions (Length x Width x Height)*	160 x 60 x 129 cm (63" x 24" x 51")
Equipment weight	81 kg (178 lbs)
Max user weight	160 kg (352 lbs)
Suitable for users whose height is	155 - 205 cm (5' - 6' 7")
Difficulty levels	1 - 12
Resistance at 70 SPM	30 - 350 Watt
Power requirement	90 - 264 VAC
Max power consumption	50 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	9 - Quick Start, Goals (Time; Distance; Calories), CPR, Profile, Training Zone, Weight Loss, Custom
Test	Fitness Test
Language selection	The display language is selected by the client at the time of the purchase order
Heart rate monitoring	Telemetry
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), Training Programmes and User manual on USB Key and Maintenance kit
Display	
Standard display available	FORMA display



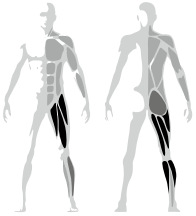
PRIMARY MUSCLES
Quadriceps, Iliopsoas, Biceps femoris, Calf

SECONDARY MUSCLES
Adductors, Tibialis anterior, Gluteus

* Length x Width x Height while working on the equipment

BIKE FORMA

Specifications and performances	
Dimensions (Length x Width x Height)*	118 x 60 x 134 cm (46" x 24" x 53")
Equipment weight	61 kg (135 lbs)
Max user weight	160 kg (352 lbs)
Suitable for users whose height is	155 - 205 cm (5' - 6' 7")
Difficulty levels	1 - 12
Resistance at 70 SPM	30 - 350 Watt
Power requirement	90 - 264 VAC
Max power consumption	50 VA
Training and performance features	
Goal Oriented Display	Yes
Training Programmes	5 - Quick Start, Goals (Time, Distance, Calories), CPR
Test	Fitness Test
Language selection	The display language is selected by the client at the time of the purchase order
Heart rate monitoring	Telemetry
Supplementary features	
Plug & Play System	Yes
Standard functions and accessories	Telemetric heart rate monitor (CPR), Training Programmes and User manual on USB Key and Maintenance kit
Display	
Standard display available	FORMA display



PRIMARY MUSCLES
Quadriceps, Iliopsoas, Biceps femoris, Calf

SECONDARY MUSCLES
Adductors, Tibialis anterior, Gluteus

* Length x Width x Height while working on the equipment

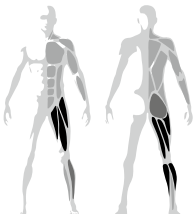
CPR® SYSTEM

Group Cycling

GROUP CYCLE

Specifications and performances	
Dimensions (L x W x H)*	117 x 60 x 118 cm (46" x 23" x 47")
Equipment weight	60 kg (132 lbs)
Min-max user height	140-210 cm (4' 6" - 6' 9")
Max user weight	160 kg (352 lbs)
Flywheel weight	20.5 kg (45 lbs)
Drive system	Chain or belt
Frame	Aluminium
Dual-sided SPD® pedals	Standard
Integrated towel holder	Standard
Optional accessories	Wireless Console for viewing rate/RPM, time, distance, heart rate (when using the telemetric chest belt) and calories

CODE	
D91PCNE0	Group Cycle Chain Drive
D91PBNE0	Group Cycle Belt Drive
A0000488	Wireless Console provided with ANT+ Chest Belt (1 pc.)
A0000630	Set of ANT+ Chest Belts (10 pcs.) for Wireless Console
A0000629	Single ANT+ Chest Belt



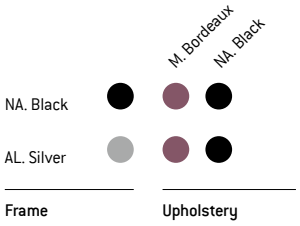
PRIMARY MUSCLES
Quadriceps, Iliopsoas, Biceps femoris, Calf

SECONDARY MUSCLES
Adductors, Tibialis anterior, Gluteus

* Length x Width x Height while working on the equipment

Home Strength

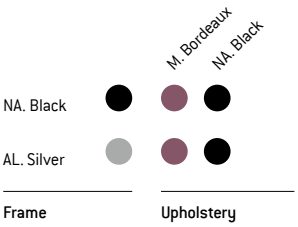
UNICA



Specifications and training features	
Dimensions (Length x Width x Height)	120 x 184 x 207 cm (47" x 72" x 81") - 160 x 184 x 207cm (63" x 72" x 81") during operation
Equipment weight	240 Kg (528 lbs)
Weight stack	5 - 90 kg (5 Kg weight stack increment) - (10 - 180 lbs, 10 lbs weight stack increment)
Power requirement	110 - 220 VAC (Trainer version)
Standard functions and accessories	Stretching mat, Ankle strap, Pulley handle and Standard handle, User manual, DVD and maintenance kit, Integrated wheels

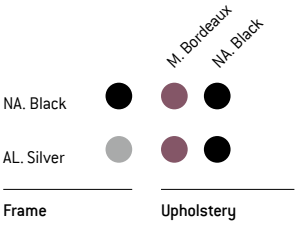
Home Strength

MULTIPLA™



Specifications and training features	
Dimensions (Length x Width x Height)	85 x 121 x 205 cm (33" x 48" x 81") Frame - 165 x 31 x 48 cm (65" x 12" x 19") Bench
Equipment weight	120 kg (264 lbs)
Disk kit weight	55 - 85 kg (110 - 170 lbs)
Max weight loadable on barbell	120 kg (265 lbs)
Disk diameter	50 mm (1.9")
Standard functions and accessories	Pair of downloadable dumbbells Ø 50 mm, Pair of disk top springs, Barbell for disk Ø 50 mm (Width 59"), Maintenance kit, Easy-to-follow User manual full of suggestions for arranging one's own training programmes

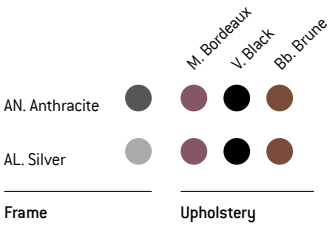
PRATICA



Specifications and training features	
Dimensions (Length x Width x Height)	29" x 52" x 53" / 74 x 131 x 134 cm - 59" x 52" x 53" / 150 x 131 x 134 cm (during operation)
Equipment weight	119 lbs / 54 kg (bench+barbell)
Disk kit weight	110 - 170 lbs / 55 - 85 kg
Max weight loadable on barbell	240 lbs / 120 kg
Disk diameter	1.9" / 50 mm
Standard functions and accessories	Pair of downloadable dumbbells Ø 50 mm, Pair of disk top springs, Barbell for disk Ø 50 mm (Width 59"), Maintenance kit, Easy-to-follow User manual full of suggestions for arranging one's own training programmes

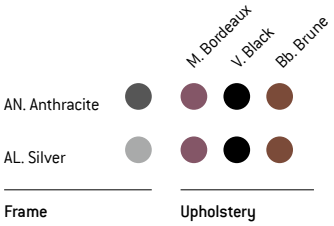
FLEXability

ANTERIOR

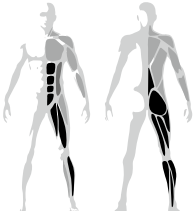


Specifications	
Dimensions (Length x Width x Height)	193 x 57 x 124 cm (76" x 22" x 49")
Equipment weight	60 kg (132 lbs)
Stretching angle adjustment	Three different cart angles (0°, 20° and 45°) for increasing the range of exercises and increasing thigh muscle extension
Visual feedback	Integrated system for measuring improvement in joint flexibility using a numerical scale
Optional accessories	Oak panelling

POSTERIOR



Specifications	
Dimensions (Length x Width x Height)	208 x 89 x 125 cm (82" x 35" x 49")
Equipment weight	85 cm (187 lbs)
Visual feedback	Integrated system for measuring improvement in joint flexibility using a numerical scale
Headrest	Ensures the most comfortable and ergonomically correct position for the spine
Optional accessories	Oak panelling



PRIMARY MUSCLES (ANTERIOR)
Rectus abdominis, Iliacus, Psoas, Quadriceps (globally), Rectus femoris, Tibialis anterior, Gluteals contralateral, Peri-articular hip muscles

PRIMARY MUSCLES (POSTERIOR)
Spine muscles, Low back muscles, Gluteals, Semitendinosus, Biceps femoris, Peri-articular hip muscles, Gastrocnemius, Soleus, Foot plantar flexors

Wellness Tools™

WELLNESS RACK

Specifications and training features	
Strength training disk holder display, with two handles (Jolly Handle) which use a unique locking system	
Dimensions (Length x Width x Height)	19 x 41 x 43 cm (7" x 16" x 17")
8 disks weighing	2 kg (4 lbs)
8 disks weighing	0.5 kg (1 lb)
Handle weight (lbs)	1 kg (2.2 lbs)
Max weight loadable per dumbbell (lbs)	13 kg (26 lbs)
Max loadable weight for simultaneous use (lbs)	10 kg (20 lbs)

WELLNESS PAD

Specifications and training features	
Versatile, unparalleled in the sector. The perfect blend of functionality and design: an excellent stretching mat and at the same time a convenient bag and elegant accessory	
Dimensions when open	120 x 50 cm (47" x 20")
Dimensions when closed	30 x 50 cm (12" x 20")
Thickness	10 cm (4")
Weight	0.7 kg (1.5 lbs)
Standard accessories	Removable shoulder strap, exercise manual

WELLNESS BAG™

Specifications and training features	
Compact dimensions and limited weight make this a real travel gym. The Wellness Bag™ can easily fit in a suitcase, overnight bag or be combined with the Wellness pad	
Dimensions (Length x Width x Height)	82 x 21 x 4 cm (32" x 8" x 1") open - 39 x 21 x 8 cm (15" x 8" x 3") closed
Weight (lbs)	1.8 kg (4 lbs)
2 Elastic cords + footrest	71 cm (28")
2 Elastic cords + footrest	81 cm (32")

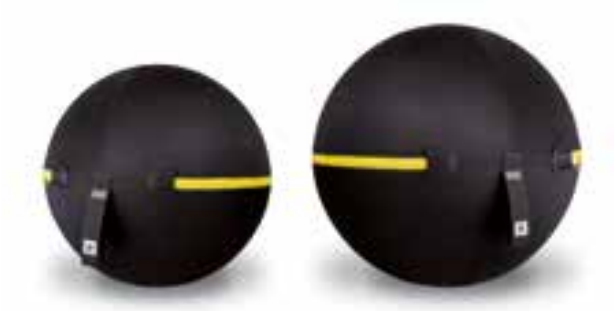
WELLNESS WEIGHTS

Specifications and training features	
New design, lines and materials make Wellness Weights the ideal solution for anyone wanting to tone up using small weights. Perfect for running and aerobic exercise	
Set of 2 dumbbells with Velcro straps weighing	0.5 kg (1 lb)
Set of 2 dumbbells with Velcro straps weighing	1 kg (2 lbs)
Standard accessories	Weight bag, exercise manual

WELLNESS BALL™ TRAINING

Specifications and training features	
Made of materials which promote perfect stability, adherence and softness during exercising, guaranteeing durability and maximum safety	
Ø Dimensions Silver	55 cm (22")
Ø Dimensions Black	65 cm (26")
Standard accessories	Bag, Pump with adapter, exercise manual

WELLNESS BALL™ ACTIVE SITTING



Specifications and training features	
Double density ball, weighted in the lower section to help centre it and stop it rolling around, making it a comfortable seat. Made in Italy out of premium quality PVC, it is phthalate-free and latex-free and is built not to burst. The multilayered fabric cover consists of a support lining and breathable honeycomb material. Tha handle helps to carry it around and adjust it when used at a desk. The QR code on the handle gives access (via Smartphone) to exercise videos, which can be planned in one's own electronic calendar	
Ball Ø suitable for users whose height is between 140–170 cm	55 cm (22")
Ball Ø suitable for users whose height is over 170 cm	65 cm (26")
Standard accessories	Cover, Pump with adapter, Exercise manual

Services

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TRAINING SERVICES
Professional training solutions online or on site to guide you in your quest for Wellness.

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WELLNESS DESIGN™
Guidance to create and furnish your Wellness environment with style from specialist Technogym consultants.

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TECHNOGYM CARE
The complete after sales service solution with dedicated options to ensure long term equipment value and satisfaction.

Training Services

Your Wellness consultant

Wherever you are, Technogym Training Services can recommend the best fitness programme to suit you. Our experts are at your disposal to assist you in creating the most efficient and motivating training programmes validated by Technogym's Scientific Research Department and tailored to your specific needs.

TRAINING SERVICES

Online service: **mywellness.com** / **mywellness app**

On site service: **Personal Trainer**

mywellness.com / mywellness app

mywellness.com is the web platform that allows you to create your own personal workout routine based on your needs.

Thanks to the mywellness app for smartphones you can access this service wherever you happen to be.

WHAT YOU CAN DO

- Create your workout routine based on your goal
- Set your goals and monitor your progress
- Record outdoor activities

Wellness Programmes

01 More Strength

02 Lose Weight

03 Start Moving

04 Stress Free

05 Forever Young

06 Help your Back

07 Condition & Tone

08 Diabetes & Exercise

PT Experience

"Kim is just great. She explains everything and shows you exactly how to move and how to use the equipment. I know I'm training right, even on my own"

"There's one thing a Personal Trainer gives you that a machine can't. Motivation. Francesco is full of motivation. And since meeting Francesco, me too!"

"Xavier makes a workout fun and effective, but what I really appreciate is all the amazing advice he gives me about how to stay balanced and improve my lifestyle"

"Jeremy is a great Personal Trainer. Since he got me doing these simple exercises, my back pains have totally disappeared"

"I used to think stress was just the price you had to pay for success, but since Barbara has been coaching me, I've discovered how easy it is to change my lifestyle"

Personal Trainer

Personal Trainer is the personalised coaching service, available to you in the privacy of your home or a place of your choice to help you achieve your wellness targets through dedicated workout sessions.

WHAT YOU CAN OBTAIN

- Personalised workout routines and progress monitoring
- Motivational coaching to reach your goals and get the best out of your workout

HOW TO GAIN ACCESS

Call freephone
0800 31 62 496

or visit
technogym.com/personaltrainer

Wellness Design™

Plan your Wellness

To help you achieve a state of total wellbeing, we can plan your Wellness space according to the principles of Wellness Design™, which take into account both the physical and mental aspects of the individual. Technogym can offer you an interior design service to help you create your very own Wellness space in order to integrate the equipment into your environment and let you live your Wellness experience in the best possible fashion.

Our Wellness Design™ service will allow you to create a virtual image of your home gym before you go ahead with it. During the design phase we pay special attention to the following aspects:

TECHNOGYM PRODUCTS

We will assist you in choosing the right equipment for you and for the space at your disposal.

SPACE

We will set up the equipment making it fully accessible and enabling you to train easily, and in a way which fits perfectly with your environment.

MATERIALS

We will advise you on which materials to choose for your Wellness area (flooring, walls etc.).

LIGHTS AND COLOURS

We will help you select the ideal lighting and colours to fit with the surrounding environment, so that you can enjoy the pleasures of a relaxing Wellness experience.

FURNITURE

We will guide you in the choice of furnishings and complementary items that are best suited to your Wellness area.

WIRING

We will give you clear instructions regarding the electrical requirements necessary for your Technogym equipment.

Get inspired. Visit
technogym.com/wellnessdesign

Technogym Care

Extended protection for your Technogym equipment

With Technogym Care you can extend the warranty period for up to 5 years and always be sure of efficient, qualified service support. Technogym Care covers emergency repair including labour and travel costs as well as spare parts.

VALUE OVER TIME

By choosing Technogym Care you opt for personalised services which will allow you to focus on your training, joining thousands of our satisfied athletes and customers across the world.

TECHNOGYM QUALITY

At Technogym our R&D team work extremely closely with our Quality team, ensuring we supply you with market-leading products, which have undergone stringent tests to guarantee their quality. Specific Forma Line components such as frame and motor are covered respectively by a 10 and 5 year guarantee.

EFFICIENCY AND PROMPT RESPONSE

Technogym has a widespread network of authorised technical support centres across the country enabling a prompt response should your product need expert care. Our staff will liaise with you directly, arranging an engineer visit at your premises*.

READY TO ASSIST YOU DIRECTLY AT YOUR HOME

Our technical staff offer a comprehensive range of support, from providing you with technical information to remote assistance via telephone, on-site repairs to delivering original spares. You can contact us on the dedicated phone number or via email at any time.

HOW TO CONTACT US

You can purchase Technogym Care online or by calling the dedicated phone number.
You can opt for Technogym Care** when you buy your equipment or throughout the period covered by the warranty.
If you wish to purchase Technogym Care after the warranty expires, a functional check will need to be conducted on the equipment by one of our authorised technicians.

Call freephone: **0800 3162496**
or visit **technogym.com/technogymcare**
or e-mail us at **home@technogym.co.uk**

** Our staff will liaise with you directly, arranging a convenient time to yourself for our engineer to visit. We aim to carry this out within 2 business days wherever possible*

*** in some countries Technogym Care may not be available*

Technogym Village

Come and live the experience

The Technogym Village is the first Wellness Campus in the world conceived to promote the Wellness Lifestyle™. This is where Wellness comes into life, day by day, inspiring the creation of new projects, products and solutions.

Located inside the Technogym Village, the T-Wellness Store & Showroom is the place where you can enjoy a hands-on experience of Technogym Home Wellness products. Tailored professional advice relating to personal training and interior design is also available to help you create your own home gym and live the Wellness Lifestyle™ experience to the full.

Contacts

For information and purchases

Technogym products and services are only sold directly

WEBSITE & SOCIAL MEDIA

www.technogym.com
Learn more about us by visiting our online portal. The Technogym website provides interesting facts about the Wellness Lifestyle™ and is a showcase for all our latest products and services.

technogym.com/SocialMedia
Discover how to stay in touch with the Technogym community via the internet and share your opinions, tips, ideas with like-minded people about the Wellness Lifestyle™.

Follow us on

SHOP ONLINE

technogym.com/ShopOnline

The Technogym Shop Online section allows you to purchase all home fitness products in an easy, fast, secure way: thanks to Technogym e-commerce, Wellness is delivered directly to your door with a click! Select the best solution for you and Technogym will do the rest.

TECHNOGYM SHOWROOMS & STORES

Technogym consultants are at your complete disposal in our Showrooms & Stores around the world to study the Wellness solution best suited to your needs. Find the location closest to you and come and experience our products and services.

CESENA	c/o Technogym Village, via Calcinaro, 2861
MILAN	Via Durini, 1
NEW YORK	70, Greene Street
PARIS	20, Rue Rouget de Lisle
LONDON	c/o Harrods, 87-135, Brompton Road
MADRID	Calle Hermosilla, 8
BARCELONA	Parc De Negocios Mas Blau Ed. Avant 1 C/Selva, 12
ROTTERDAM	Essebaan 63, Capelle aan den IJssel
BRUXELLES	Ikaros Business Park, gebouw 2A, Ikaroslaan 3, Zaventem
DUBAI	Za' Abeel Road, Umm Harair Building
ABU DHABI	Abu Dhabi Marina Mall
MOSCOW	Crocus City Mall
ST. PETERSBURG	Nevsky Prospect, 16
TOKYO	Seafort Square Bldg. 18F, 2-3-12 Higashi-Shinagawa, Shinagawa-ku
SHANGHAI	4th Floor, No. 1 Building, No. 881 Wuding Road

FREE CALL

Technogym consultants can be reached via our freephone service to advise you how best to go about achieving Wellness. You will be given professional guidance to find the most suitable solution in terms of equipment and training programmes based on your needs.

Call freephone: **0800 3162496** (UK only)

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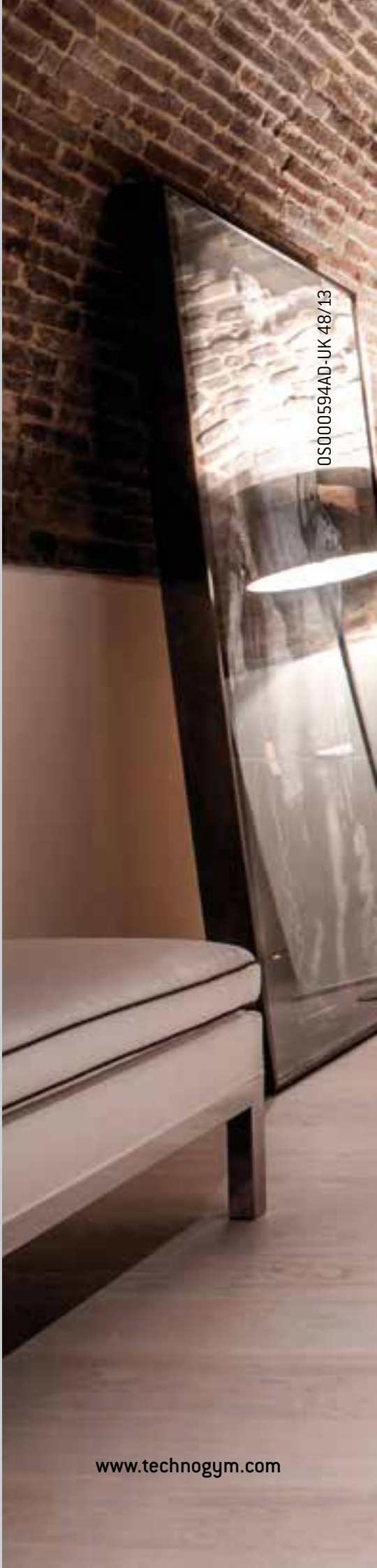

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